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Throw out the organ

Event atmosphere.
Behind the scenes, putting on a Jets game is like putting on a concert

DAVE BAXTER
winnipeg@metronews.ca

There was a time back at the old Winnipeg Arena when the game-day experience at a Winnipeg Jets game consisted of an organ player up in the rafters and a few illustrated graphics on the scoreboard.

But in today's NHL, the play on the ice is only part of what fans expect when they show up to watch a game. Music, video, graphics and promotions are all part of what goes into Jets home games, and the man who keeps it all running is True North's director of game production, Kyle Balharry.

"We always want to make sure that the hockey fans in Winnipeg are able to have the best possible hockey experience they can get anywhere in the world," said Balharry. "Winnipeggers are some of the most knowledgeable and passionate hockey fans in the world and they deserve it."

Balharry says every game has to be a spectacle, so directing an NHL match in 2013 is much like putting on a concert.

"It's all about that whole experience. It's music. It's lights. It's giving the fans a feeling like they are somewhere special. In every situation we have to have the right music and visuals."

Balharry says he knows he is doing his job well when he can stir emotion in the 15,000 fans who pack the MTS Centre for every Jets game.

"We want fans to get a lump in their throat or a tear in their eye, because when you create emotion in people — that's gold."

Co-ordination

- State-of-the-art sound, lighting and editing equipment support the fan experience at every game and must all be co-ordinated with every whistle blow and goal.

Kyle Balharry, True North Sports and Entertainment's director of event production, is seen in the MTS Centre control room. DAVE BAXTER/FOR METRO

Benedict takes a bow

His eight-year pontificate officially ends PAGE 8

Bean there, done that

The Reel Guys are split on Jack the Giant Slayer PAGE 15

Eat right and eat well

Kick off Nutrition Month Mediterranean-style PAGE 24

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Sals out, Chez Sophie Bistro in

French bliss.
Bistro to take over Esplanade Riel

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The new tenant that will occupy the restaurant space on the Esplanade Riel bridge has just the "entrepreneurial zeal" to make it a success, said St. Boniface Coun. Dan Vandal.

A report prepared for the city's downtown development committee recommends signing a five-year lease agreement with French bistro Chez Sophie, starting April 1.

Vandal said Chez Sophie Bistro has operated in north St. Boniface for about eight years and its owners, Stephane and Sophie, moved to Winnipeg from Alsace, France, in 2005.

"I think it's fantastic — it's the kind of 'welcome to St. Boniface' message that we need," said Vandal.

Still needs approval

If approved at Monday's downtown development committee meeting, the lease agreement will then go on to executive policy committee and city council for final approval.

"The fact that this is a character restaurant, boutique restaurant that reflects the French culture … is something that's very positive."

The city's report states the lessee, Chez Sophie, will invest $150,000 to $200,000 to renovate, furnish and equip the restaurant.

Taking into account these improvements, the city will not charge rent during the first year of the lease, with a $2,000-a-month lease payment starting on April 1, 2014.

Chez Sophie Bistro will also have the opportunity "to operate a 44-seat outdoor café along the north face of the Plaza Space" and will have bilingual menus and signage, and bilingual staff during the summer months.

Chez Sophie Bistro will soon grace the Esplanade Riel. BERNICE PONTANILLA/METRO

Three proposals were received for the Esplanade Riel space, stated the report.

Stephane Wild, also the chef at Chez Sophie, told a reporter with Radio-Canada that the Esplanade Riel digs would be a second location and they'll keep their one at 248 avenue de la Cathedrale.

Fees approved by city council a 'huge hit' to advertising industry, says rep

The Manitoba Sign Association says the higher fees will mean a $1-million loss per year for the industry. BERNICE PONTANILLA/METRO

It's not quite the digital signs and billboard fees hike proposed late last year, but it's still a "huge, huge hit" to Winnipeg's advertising industry, said a representative of one of the largest ad companies operating in the city.

On Wednesday, city council approved the new tax rates, which will be set at $3.20 per square foot for non-digital signs and $27.50 per square foot for digital signs.

Joanne Koop, director of sales for Pattison Outdoor Advertising, said there were meetings between industry representatives and the city right before Christmas.

"We're happy that it's not through the roof, but it's still a substantial hit to the industry," she said, citing estimates the city will generate almost half a million dollars in tax revenue through the increase.

Dozens of representatives of advertising companies and those employed by the industry attended the Nov. 30 property and development committee meeting to voice their opposition to the original proposal, which was $5.70 for non-digital signs and $34.50 for digital billboards.

Richard Grigaitis, president of the Manitoba Sign Association, said he's disappointed the bylaw was passed without taking into account concerns about certain restrictions.

"Our association estimates that the bylaw in its current form will reduce the industry by $1,000,000 per year," he said.

"However, more importantly, we project that local retailers and businesses will lose up to $5,000,000 per year in economic activity because of unnecessary restrictions written into the bylaw."

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Elections error. Mistakes made during father's illness, Liberal says

The top administrator of the Manitoba Liberal Party has been charged with eight offences under the province's Elections Act.

Dennis Trochim, the party's executive director, faces five counts of knowingly providing false or misleading information and three counts of making a false or misleading statement to the elections commissioner.

Sachit Mehra, the party's acting president, said the charges stem from clerical errors Trochim made as a volunteer during the 2011 election campaign, and the party board of directors stands behind him.

Trochim declined an interview request Thursday but issued a written statement in which he cited a heavy workload.

"Overworked and overstressed, on the day I learned my father had cancer, I showed poor judgment and filed paperwork incorrectly for a rural campaign where I was official agent. It had absolutely nothing to do with money or financial impropriety," Trochim wrote.

"When the investigator began to ask questions weeks later, I was driving my father to chemotherapy and visiting him in palliative care and I wished I had the courage to deal with this matter better. I wish I had half the courage my father did as he was battling for his life. Weeks after his funeral, I went to the commissioner of elections on my own volition and disclosed everything fully."

Trochim is due in court March 14. He said he will "accept responsibility" for his actions. THE CANADIAN PRESS

NDP

Other 2011 violations

Trochim is not the first person to run afoul of the law in relations to the 2011 campaign.

NDP Health Minister Theresa Oswald was found guilty by Elections Manitoba of violating a ban on government advertising in the 90-day period before election day. She took part in a media tour of a new birthing centre in south Winnipeg shortly before the campaign began.

Elections Commissioner Bill Bowles said the violation was inadvertent and the minister suffered no consequences.

Mature drivers gear up on road safety

Never too old for driver's ed.
CAA Manitoba-hosted voluntary workshop proves popular with older drivers

SHANE GIBSON
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It was back to driver's education class for a large group of older Winnipeggers who took part in a voluntary workshop Thursday designed to keep them safely on the road for as long as possible.

The Mature Driver Workshop, sponsored by MPI, saw 200 mostly grey-haired drivers out for a free refresher course on the ways of the streets from a Safety Services Manitoba instructor.

"As I'm getting older I've noticed I'm not quite as sure about myself on the road," said participant Sylvia MacDonald, who would only tell Metro she's in her 70s and has been driving for more than 50 years. "You tend to lose confidence when you get older."

The two-hour-long workshop went through rules of the road, procedures for safe driving and offered solutions for common issues facing senior drivers like what to do about delayed reaction times and loss of vision.

Improvement

"All these people are here because they want to drive as long as they can and as safely as they can."
Susan Everton, Safety Services Manitoba instructor

A spokesperson from CAA Manitoba, who has hosted the workshops since September, said it's been so popular they had to rent a hall this time around to accommodate the numbers.

"I was pretty surprised how many people wanted to come — and some are even signing up to do it for a second time again once they've been through it," said Liz Peters.

"They're actually going through the driver handbook you get when you're in high school."

The next workshop is scheduled for April 17 and more information is available at caamanitoba.com.

Safety Services Manitoba instructor Susan Everton goes through the paces with a group of 200 self-identified "mature" drives at the free Mature Drivers Workshop Thursday. SHANE GIBSON/METRO

Manitoba isotope researchers get federal funding

A Manitoba-based not-for-profit corporation working to develop a safer and more affordable way of producing medical isotopes has received a big boost from the federal government.

Prairie Isotope Production Enterprise Inc. — a partnership between the Winnipeg Regional Health Authority, Health Sciences Centre Winnipeg, the University of Winnipeg and Acsion Industries — has received $7.46 million towards their work.

"The project with PIPE will work to commercialize cutting-edge technologies, enabling the production of isotopes Canadians rely on for medical diagnosis, while creating jobs and export potential," explained Winnipeg South Centre MP Joyce Bateman in a release.

Medical isotopes are currently produced in nuclear reactors using enriched uranium as the raw material; PIPE instead plans to develop isotopes using linear accelerators.

"The isotope supply from the two principal nuclear reactors in Canada and The Netherlands is unreliable and adds an unacceptable supply risk to Canadian patients," said Dr. Kennedy Mang'era, who heads up WRHA's Radiopharmaceuticals Research Group and is also director of HSC's Radiopharmacy.

"Linear accelerator technology is an innovative, inexpensive and environmentally friendly approach to isotope production." METRO

Remaining funds

$3.4M

The remaining $3.54 million needed for the $11.7-million project will come from equity contributions from PIPE members.

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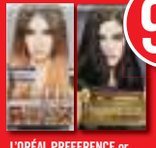

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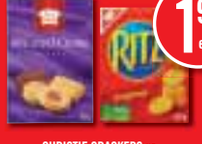

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Style at home. Winnipeg salon offers crash course in hairstyling basics

A Winnipeg hair salon has come up with a unique way to help women deal with an all too common frustration: how to use their own tools at home to get the same hairstyles as in the salon.

Nick Arora, a manager at Grace Hair & Esthetics in West Broadway, said the course, which is open to both women and men, is about teaching basic techniques, such as how to handle their dryer or their brush.

"Hairdressers are doing their job in the chair, but they're not doing their job of teaching people how to upkeep their style at home," said Arora.

"Basically, we just want to show people with what they're working with; bring us the product that you're using, bring us the blow dryer, whatever you're using at home, and (you'll see you aren't) getting the result that you should be getting."

Arora said many people find it confusing to remember details, like when to put products in their hair, how much, and before or after using their tools.

Nick Arora of Grace Hair & Esthetics said his salon will be offering a course in March teaching women how to use their own tools to get hairstyles similar to what they'd get at the salon. BERNICE PONTANILLA/METRO

The idea came about, added Arora, from the many women who would come in and comment to the staff at Grace that "they couldn't do this, or they couldn't do that."

An open house will take place on March 5, with the first evening hair class on Tuesday, March 12, from 6:30 to 8:30 p.m. The two-hour class costs $40.

For more information or to book an appointment online, visit gracehairsalon.ca.

BERNICE PONTANILLA/METRO

Investigation ongoing

'Murder Mansion' victim identified

Winnipeg police have released the name of the man found dead at a west-end rooming house Tuesday, but are still stopping short of calling the death a homicide.

Ronald Harold McKinnon, 54, of Winnipeg was found dead at a three-storey rooming house at 624 Balmoral St. around 4:30 p.m.

Police have acknowledged McKinnon had been assaulted. METRO

$25k in damages

Latest Winnipeg garage fire not suspicious, police say

A fire that caused $25,000 in damages to a vehicle and garage in Garden City early Thursday is not suspicious, according to police.

Fire crews were called to a working fire in an attached garaged in the 800 block of Jefferson Avenue around 1:30 a.m.

No one was injured in the blaze. METRO

Nicole Barry, left, founder of the Winnipeg chapter of Barley's Angels, and fellow member Vanessa Meads say cheers to beers at Half Pints Brewery, where they both work. When the two aren't making beer they're talking about it at the ladies-only beer group. SHANE GIBSON/METRO

Barley's Angels invite beer brains

No boys allowed. City chapter of beer enthusiast group for women one of the biggest worldwide

Taking back beer

"It's about getting together for pints and having some kind of educational slant on it. I think the perception is wine's a girl's drink and beer's a boy's drink, and that's just not actually the case." Nicole Barry

SHANE GIBSON
shane.gibson@metronews.ca

To join Winnipeg's chapter of Barley's Angels you're going to have to abide by three rules: first and foremost you have to love beer, secondly you have to be old enough to legally drink beer, and mostly importantly, you absolutely can't be a dude.

"Sometimes it's nice just being around girls and drinking craft beer," explained Nicole Barry, founder of the city's only all-female fan club for all things beer. "It's basically like a book club without the wine and books."

Barley's Angels began in Portland, Ore., two years ago to encourage "education and interest in beer among this often under-recognized demographic group," according to the group's website.

The idea has since grown to include 32 chapters worldwide, and Barry, who is also CEO of Half Pints Brewery, said with 85 members, Winnipeg's chapter is one of the most active.

"Winnipeg definitely has a lot of beer-loving women," she laughed. "Our chapter is one of the more hopping chapters, no pun intended."

Like their sister chapters around the world, the Winnipeg group meets every few weeks for everything from just a few pints and a conversation, to brewery tours, beer cooking lessons and, of course, beer brunches, lunches, dinners and even beer desserts.

Membership in Winnipeg's Barley's Angel's chapter is currently free of charge, providing you're a lady. For more information follow @BAngelsWpg on Twitter or check them out on Facebook.

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Turning left? If you haven't already, drop that phone

Drivers beware. Trying to juggle a left turn while talking on the phone may be the most dangerous thing you can do behind the wheel

Drivers who talk on a cellphone (even one that's hands-free) while executing a left-hand turn at an intersection could be putting themselves at serious risk, say neuroscientists who imaged the brain to see how it copes with competing tasks.

Making a left turn and chatting on the phone at the same time "could be the most dangerous thing they ever do on the road," said Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto.

Schweizer and his research team wanted to see how the brain deals with the often complex task of making a left turn at a busy intersection (where most serious traffic accidents occur) when coupled with a common distraction like conversing by cellphone.

The team set up a driving simulator, which includes a steering wheel, brake and accelerator pedals, and a simulated traffic scenario on a monitor inside a functional MRI. The high-tech machine captures real-time images of the brain while a person performs a task or reacts to stimuli. Sixteen participants (seven females and nine males), aged 20 to 30, who had been driving an average of seven years, were put through simulated driving tests while in the MRI. For consistency in the study, all were right-handed.

Quoted

"What was really striking, though, was how much of the visual cortex started to shut down. It was almost a 50 per cent drop."

Tom Schweizer, director of neuroscience research at St. Michael's Hospital in Toronto on how your brain reacts to making a left-hand turn while talking on the phone.

As a subject performed the various tasks, researchers watched another screen showing what areas of their brain were activated.

"What you see when they're doing a left-hand turn at a busy intersection, the entire brain lights up, which is far different from what brain areas are used when just doing straight driving or making a right-hand turn," he said. "You have to look at oncoming traffic, pedestrians and lights, and coordinate all that," he said. "It requires a significant amount of co-ordinated brain areas to pull that off."

The researchers then added a distraction, in this case by asking true-false questions that were stand-ins for talking on a hands-free cellphone.

One question was: A triangle has four sides. True or false?

Schweizer said simultaneously trying to juggle a left turn and a verbal distraction (even a passenger speaking or a radio talk show) could make the traffic move that much more risky.

"I think it's still fairly dangerous to still be talking on a hands-free device, even though there's some thinking that it's so much better for us and will lead to far fewer accidents" than holding a phone to the ear, he said. THE CANADIAN PRESS

A man works his phone as he drives through traffic in Dallas, Tuesday.
LM OTERO/THE CANADIAN PRESS

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Benedict XVI promises obedience to new Pope

Young priests in Rome wave to the helicopter taking Pope Benedict XVI from the Vatican to Castel Gandolfo. THE ASSOCIATED PRESS/ANGELO CARCONI

Emeritus. As he leaves the Vatican, ex-pontiff says he's beginning the final stage of his life as 'simply a pilgrim'

Benedict XVI became the first pope in 600 years to resign Thursday, ending an eight-year pontificate shaped by struggles to move the church past sex abuse scandals and to reawaken Christianity in an indifferent world.

As bells tolled, the Swiss Guard standing at attention in the papal retreat of Castel Gandolfo shut the doors of the palazzo shortly after 8 p.m. Thursday (2 p.m. EST), symbolically closing out a papacy whose legacy will be most marked by the way it ended — a resignation.

In a changing of the guard, the Swiss Guards, in their yellow-and-blue striped uniforms, handed over responsibility of protecting the 85-year-old Benedict to Vatican police as some of the faithful outside shouted "Viva il papa!"

The pope's journey into retirement began with an emotional send-off from the Vatican, Swiss Guards in full regalia and prelates kneeling to kiss Benedict's ring.

THE ASSOCIATED PRES

'Viva il papa!': Crowd

Benedict waves goodbye. AP

On Thursday, Benedict told his cardinals, "Among you is ... the future pope, whom I today promise my unconditional reverence and obedience."

- "May the College of Cardinals work like an orchestra ... toward a higher and harmonious agreement," he said.

'Sweet Sistine'. Could a cardinal from Africa be the next pope?

Now that Pope Benedict XVI has officially stepped down, speculation about who will be the next to wear the shoes of the fisherman is ramping up.

A number of front-runners have emerged, including Canada's own Cardinal Marc Ouellet, as well as Italy's Angelo Scola. However, based on Google searches in the past 30 days, people on the Internet seem to be showing interest in a candidate from the developing world.

Searches for Ghana's Cardinal Peter Turkson spiked following Benedict's resignation, and he is still enjoying a small lead over the competition.

Ouellet is sitting in third, only slightly behind Scola.

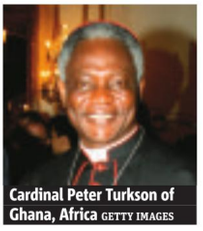
Search volume for the "Sweet Sistine" is highest in Poland, home to Pope John Paul II.

Italy and Mexico round out the top three.

The cardinals will convene a conclave in the coming weeks and it's expected the world's 1.2 billion Catholics will have a new pope by Easter.

LUKE SIMCOE/METRO ONLINE

Cardinal Angelo Scola of Italy GETTY IMAGES



Cardinal Peter Turkson of Ghana, Africa GETTY IMAGES

Cardinal Marc Ouellet of Quebec GETTY IMAGES

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Apology. Former Harper spin doctor backtracks on child pornography stance

Tom Flanagan
THE CANADIAN PRESS

Former Stephen Harper strategist Tom Flanagan is reportedly apologizing to anyone offended by his suggestion that people who view child pornography should not be jailed.

In a statement attributed to Flanagan and posted on the CBC website, the frequent panellist on the network said he absolutely condemns child sex abuse and he chose his words poorly while discussing the matter in Lethbridge, Alta., on Wednesday evening.

"In an academic setting, I raised a theoretical question about how far criminalization should extend toward the consumption of pornography," reads the statement posted on the blog of Kady O'Malley, also often a panellist on the News Network show "Power and Politics."

"My words were badly chosen, and in the resulting uproar I was not able to express my abhorrence of child pornography and the sexual abuse of children. I apologize unreservedly to all who were offended by my statement, and most especially to victims of sexual abuse and their families."

Flanagan, who is a professor at the University of Calgary, was giving a lecture on the Indian Act at the University of Lethbridge, hosted by the Southern Alberta Council on Public Affairs.

In a statement, CBC editor-in-chief Jennifer McGuire said the broadcaster is ending its association with Flanagan. The University of Calgary distanced itself from him.

Flanagan's connections to Harper go back to Reform party days and he twice served as Harper's leadership campaign director and also ran the 2004 federal Conservative election campaign. THE CANADIAN PRESS

Obama to push Supreme Court on same-sex ruling

Report. U.S. President hopes non-binding brief will help overturn 'discriminatory' laws.

Protesters hold signs at a same-sex marriage demonstration Oct. 15, 2007, in San Francisco. Thursday, sources said the Obama administration is poised to push the Supreme Court to rule against states that ban same-sex marriage. JUSTIN SULLIVN/GETTY IMAGES

The Obama administration will ask the U.S. Supreme Court to overturn the state of California's ban on gay marriage and take a skeptical view of similar bans elsewhere, according to a person familiar with the government's legal filing in the California case.

While the administration's friend-of-the-court brief in the California case does not call for marriage equality across the United States, it does point the court in that direction.

A Supreme Court ruling in line with the administration's argument could have broad implications and almost certainly expand the rights of same-sex couples to wed.

The administration's nonbinding brief contends that denying gays and lesbians the right to marry violates the U.S. Constitution's Equal Protection Clause. The document urges the justices to give extra rigorous review to any law that discriminates on the basis of sexual orientation.

The person familiar with the brief spoke on anonymity in order to discuss the document before it was filed. The brief marks President Barack Obama's most expansive view of the legal rights of gays and lesbians to marry. He announced his personal support for gay marriage last year and has said marriage should be governed by states.

Obama, raised expectations that he would back a broad brief during his inauguration address on Jan. 21. He said the nation's journey "is not complete until our gay brothers and sisters are treated like anyone else under the law."

The Proposition 8 ballot initiative was approved by California voters in 2008 in response to a state Supreme Court decision that had allowed gay marriage. Twenty-nine other states have constitutional amendments banning gay marriage; nine states and the Washington federal district recognize same-sex marriage. THE ASSOCIATED PRESS

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Manitoba Society of Pharmacists
Pharmacist Awareness Month
March 2013
Your pharmacist is an excellent source of health information and is your most accessible healthcare provider.
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A tale of two job prospects

New grads.
Good timing versus the ticking clock: Two grads tell of their success and challenges in a hostile job market

JOE LOFARO
Metro in Ottawa

Chris Meelker, 26, says luck was on his side. CONTRIBUTED

For Chris Meelker, finding work after graduating from Confederation College's Aerospace Manufacturing Engineering Technology program in 2011 was relatively easy.

After all, he had a job waiting for him at Bombardier — the largest aerospace company in Canada — before he took off his mortarboard.

The 26-year-old methods analyst said there were a few factors that led him to where he is today.

For one, he dropped out of Carleton University's engineering program in Ottawa.

"It was not what I thought it was going to be, and I could see that with the number of people there, the competition was going to be fierce," he told Metro in a phone interview from Montreal, where he works.

The program was a little too theoretical, he said, so he applied to Confederation College in Thunder Bay. In his last year, a member of Bombardier interviewed his graduating class for positions at the company.

He, along with four other graduates, passed and started work after just one month.

Not bad for someone who, at the time, was 24 and fresh out of college. He admits, though, that luck was on his side.

"I think it was really a case of timing," said Meelker. "Bombardier was working on a new program that they were hiring for, and we were graduating at the right time."

With no student debt — he worked during school and the summers — he is now saving his money to buy a new house.

When asked why some youth are struggling to find work these days, he, like most, couldn't give a clear answer.

However, he said it may be related to simple numbers.

"When you have a … class of 400 to 500 people at every major school in Canada, and you think that every year they're pumping out thousands of engineering grads — how can there be demand for that sort of thing?" he said.

One of the lost

"I want to start a family … Going back to school is counterproductive to that aim."
Aldin Basic, educated but unemployed

Aldin Basic, 26, has two degrees and no job. CONTRIBUTED

You can count Aldin Basic as one of the lost — the host of Canadian 20-somethings with a university degree that struggle to find work in their field.

In fact, Basic has two degrees — one in biochemistry and one in psychology from the University of Ottawa. He got the latter in October 2012.

But for the past four months, the 26-year-old hasn't been able to get his foot in the door. He wants to get into pharmaceutical or biomedical sales.

"Something where I can use both my theoretical knowledge and technical skills from science with communication skills that I've obtained from psychology and business," said Basic in an interview with Metro in Ottawa.

After fruitlessly sending out more than 200 job applications to various places since last May, he decided a couple of months ago to try a different approach — investing considerable time in researching positions and developing contacts within a desired company before applying.

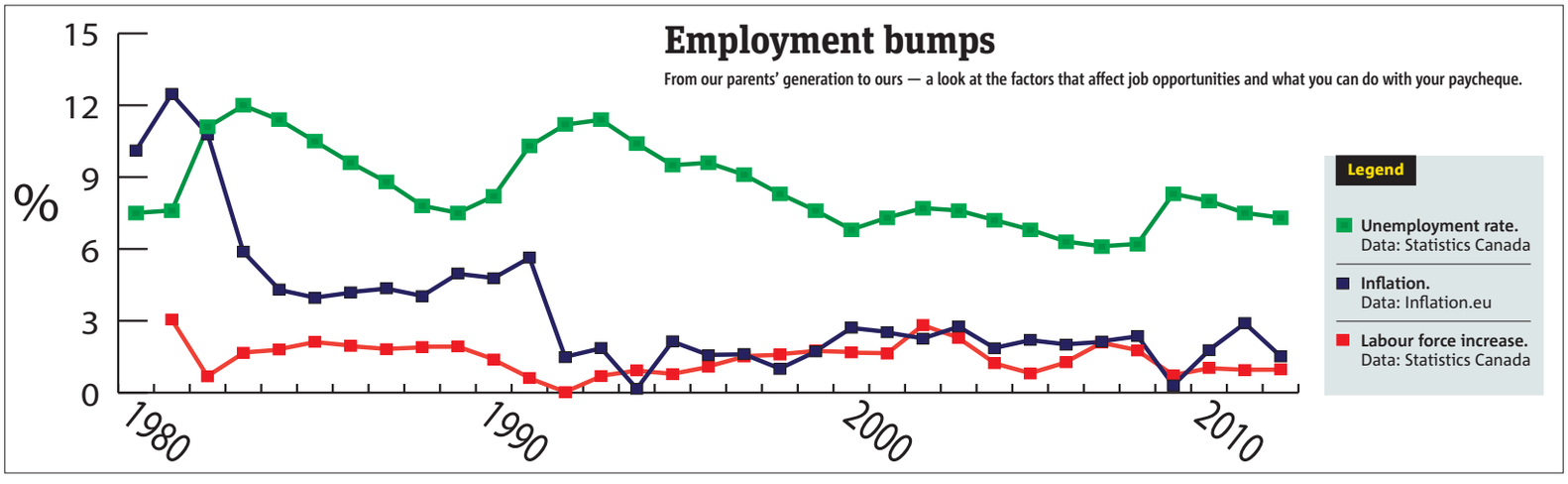
"I heard a statistic that says only 20 per cent of jobs are actually advertised on job search engines," said Basic. "So in order to increase your hit rate, you have to somehow become part of that inner circle. And when you're a recent graduate that has no real experience within the field you're trying to get into, getting into that inner circle is very difficult."

Part of the problem, he said, is that baby boomers are staying at their jobs longer while more grads are coming out of university looking for work.

He said other stalled graduates he knows have either gone to graduate school or have gone to study other degrees. But for him, those are no longer options.

The clock is ticking. He gave himself a March 7 deadline — his 27th birthday — to find work. After that, he said he will broaden his job search outside of Ottawa.

"I want to start a family. I want to start helping my parents out at home. I want to start living a life right now," he said. "Going back to school is counterproductive to that aim."



This ain't our parents' economy

ALEX BOUTILIER
Metro in Ottawa

When my parents were 26 and freshly out of university, they were expecting their first child and building their own house on land they owned.

Many in my generation are having a slightly … different experience as we transition into our post-undergraduate life. And we're more likely to have a harder time getting started on the next chapter.

True, unemployment among younger workers is much lower than it was after the recessions of the 1980s and 1990s. A recent study from the Certified General Accountants Association of Canada found that unemployment among younger workers between the ages of 25 and 29 was 7.8 per cent in 2011 — paling in comparison to the early '80s (12.9 per cent) and '90s (13 per cent).

At the same time, however, the barriers facing young people in getting a post-secondary education are increasing. In Ontario, tuition increased 200 per cent between 1991 and 2007, according to the Communities Foundation of Canada. Ditto for Nova Scotia — where my parents built that house — and Alberta.

Out of the loop

80%

Most businesses want to hire grads at the beginning of the final year of post-secondary education. They recruit right out of school but 80 per cent of students don't know this, TalentEgg says.

But a bachelor's degree, we were often told, was the new high school diploma, so off we went. And then, as my colleagues of the class of 2009 emerged bleary-eyed from the Groves of Academe, we found ourselves in the height of the recession. The economics majors explained to the rest of us why that was bad.

Struggling to pay off student debt in a tough job market certainly makes it more difficult to pursue those adult goals, such as owning a home or not eating rice every meal.

But don't despair, soon-to-be-recent graduates. There are still many paths — they may just be a little more winding.

"What is key is for students to get into the job market while they are in university," explains David Lewis Rodas-Wright, the University of Ottawa's employer-relations co-ordinator.

Rodas-White points to volunteerism, employer co-ops and internships — which my friends in journalism know all too well — to build up skills prior to graduation.

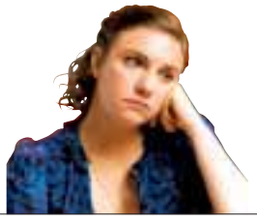
There is no doubt that there's a wall waiting at the end of graduation. But it's not necessarily taller than those previous generations faced. It's just different — like the ways over it.

Does TV lie to you? Experts put six celeb job paths to the test

Who: Betty Suarez
Path: Co-op
Perception: This is a back-stage pass into the labour force

"Nowadays a co-op is the best way to make connections and develop enough experience to get a job right out of school."

Lauren Friese
Founder, TalentEgg, an online job search tool for students and new grads



Who: Hannah of Girls
Path: Internship
Perception: You will be exploited for free labour

"There isn't necessarily a job at the end of the tunnel but it can be a positive thing."

Lauren Friese
Founder, TalentEgg, an online job search tool for students and new grads

Who: Don Draper of Mad Men
Path: Straight job
Perception: There are no jobs

"Generation Y doesn't want to work their way up. They think they deserve meaningful jobs."

Lauren Friese
Founder, TalentEgg, an online job search tool for students and new grads

Who: Gordon Ramsey of Hell's Kitchen
Path: Entrepreneur
Perception: Most businesses fail in the first three years

"I see it as taking on a mortgage versus renting. Taking on a mortgage is a lot more risk but at the end of the day, it's yours."

Megan Summers
Founder, DinnerPlate, a catering logistics company

Who: Mike Holmes of Holmes on Homes
Path: Entrepreneur
Perception: It's dirty work

"We're looking at shortages of trades people because over the last couple of decades we've told students to go and get tech jobs."

Ingrid Argyle
Project manager
Ottawa Integrated Local Labour Market Planning

Who: Sheldon from the Big Bang Theory
Path: Forever student
Perception: You will be over-educated and underemployed

"In university life, the job is to study and perform. The problem is they don't have a chance to get out and connect with people in the labour market."

David Lewis Rodas-Wright
Spokesperson, employer relations at
University of Ottawa

METRO

Youth on the chopping block

STEVE COLLINS
For Metro in Ottawa

If you're young and out of work, you may feel the deck's stacked against you — and some of the numbers agree.

"(Youth unemployment) tends to hover at about twice the national rate," said BMO senior economist Sal Guatieri, who notes it peaked at 16.4 per cent during the recent economic downturn. For those 25 and over, it peaked at 7.3 per cent.

Worse, according to a study by the Community Foundations of Canada, youth aged 15 to 24, who make up 16 per cent of the work force, accounted for 50 per cent of the recession's job losses.

"It's last in, first out for those with the least experience or seniority," Guatieri said.

The good news, he offered, is that while youth employment took the biggest hit when the job market tightened, it's also on a faster rebound.

"The youth unemployment rate has fallen twice as fast as the adult unemployment rate since peaking," he said. "It's just that it, of course, peaked at a much higher level."

He advises young people to "be patient and get as much education and training for the type of jobs that are in demand today: the high-tech positions, the professional services, those kind of jobs." Then wait for the economic picture to improve.

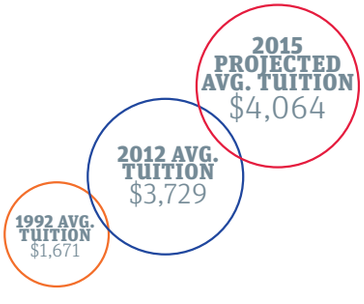
Job cuts

"It's last in, first out for those with the least experience or seniority."
Sal Guatieri, BMO senior economist

"We really are dependant on the American consumer to pick up their socks and spend a little faster before Canadian exports recover and our economy strengthens," he said.

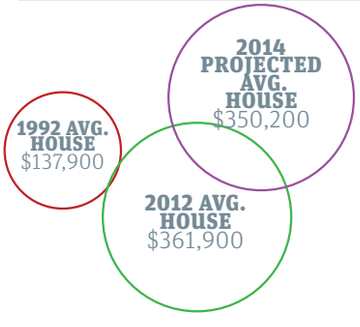
"We see that scenario unfolding later this year and into next year, so it may just be a matter of time before the youth unemployment rate falls more significantly."

Manitoba

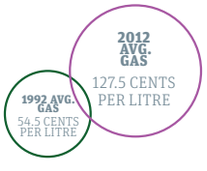


SOURCE: CANDIAN FEDERATION OF STUDENTS

Canada



SOURCE: RBC



SOURCE: KENT MARKETING SERVICES

As students embark on post-secondary education, they are met with increasingly high levels of tuition. That, coupled with the increasing cost of living, and a daunting job market, can make expectations that much more unmanageable. METRO

Exclusively online

Head online to metronews.ca for interviews with experts who tackle the pressing questions:

Talent recruiter Stefan Danis helps youth cut through today's tough jobs market

- Is it really harder for today's grads to get jobs?
- How long is a good resumé?
- What's the biggest job seeking mistake?

Youth job market's 10-year outlook is a storm for students, says expert

- How is the "go to school, get a degree, get a good job" career path working today?
- Is it time to redefine how we measure success?
- If we can't find jobs, should we become entrepreneurs?

Young entrepreneurs encourage those struggling to set up small businesses

- Is it best to get startup funding from the Canadian government?
- What role does starting capital play in beginning a business?
- What advice would you give an aspiring business major?

Lost your wallet? Get your phone out

Make like a pigeon. 'Stickers' let you home in on lost items via Bluetooth device

Jimmy Buchheim is behaving oddly.

On the floor of the world's largest cellphone trade show in Barcelona, Spain, he's looking at the screen of his iPod Touch, taking a few steps, and then looking again. Now and then he backtracks or turns, and looks again. Slowly, he confines his movements to a smaller and smaller area. Then he drops to his knees, and checks the screen again.

"There we are!" he says.

Buchheim has found his keys, which had been hidden behind a wastebasket by a skeptical reporter. On the key ring is a small disc, slightly bigger than a quarter. That's what Buchheim was homing in on, with his iPod.

Buchheim's Davie, Fla.-based company, Stick-N-Find Technologies, wants to give people a way to find things, whether it's keys, wallets, TV remotes or cat collars.

Stick-N-Find THE ASSOCIATED PRESS

There's no real trick to sending out a radio signal and having a phone pick it up. That's been done before. What makes the Stick-N-Find practical is a new radio technology known as Bluetooth Low Energy, which drastically reduces the battery power needed to send out a signal. That means the disc can be small, light enough for its sticky back to adhere to a lot of surfaces and be powered by a battery that lasts up to two years without recharging. The signal can be picked up as far as 300 feet away, under ideal circumstances. At the wireless show, though, the range was about 20 feet.

One downside: It's not cheap. Stick-N-Find charges $50 for two "stickers" from its first production run.

Another downside is that few devices can pick up the signals. Bluetooth Low Energy is expected to become a standard feature in phones, but it's not yet. Also, it won't tell you exactly where your sticker is located, only how far away it is.

THE ASSOCIATED PRESS

Heel!

Users can set up a virtual "leash" between a sticker and a Bluetooth device. When the two move a certain distance away from each other, the sticker can start beeping, or the device's screen can show an alert. That way, you could use a sticker in your wallet, linked to your phone, to let you know if you're leaving either one behind.

Walking Dead no more?

This image shows a scene from the AMC hit The Walking Dead. Negotiations over a distribution deal between U.S.-based AMC and media giant Rogers Communications are heating up. Some Rogers customers reported Wednesday that online banner advertisements informed them that they "lost" or will lose The Walking Dead on their lineup. The confusing ads — AMC was still being carried by Rogers — seem to be displayed to customers with Rogers IP addresses. A spokeswoman said Rogers has no plans to pull the channel. Earlier this week, AMC warned some Canadians that they were at risk of losing popular shows if an agreement is not reached by Thursday at 11:59 p.m. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

February optimism

Small-business confidence up

Small businesses appear to be feeling more optimistic, according to the latest survey by the Canadian Federation of Independent Business. The CFIB says its index rose a half a point to 66.2 on a scale of zero to 100. More than 50 means owners who expect their operations to be stronger in the next year outnumber those expecting a weaker performance. Alberta business owners remain the most optimistic. Ontario is slightly below the national average. THE CANADIAN PRESS

Market Minute

DOLLAR 96.96¢ US (-0.79¢)

TSX 12,821.83 (+89.44)

OIL $92.05 US (-71¢)

GOLD $1,578.10 US (-$17.60)

Natural gas: $3.48 US (+7¢)
Dow Jones: 14,054.49 (-20.88)

A little less pepper and a bit more sodium citrate

Flavour spheres created by Modernist Pantry owners Christopher Anderson and Janie Wang using their spherification products. CHERYL SENTER/THE ASSOCIATED PRESS

Milk, eggs, cheese, tomatoes, transglutaminase, sodium citrate ...

It may not sound like the last grocery list you wrote, but the growing appeal of so-called modernist cooking — a science-tastic take on haute cuisine — has more home cooks adding laboratory-worthy ingredients and gizmos to their shopping. And that, of course, has spawned a mini-niche of online companies selling everything you need to play culinary alchemist at home.

At least a half-dozen companies now sell once-elusive ingredients like sodium citrate to emulsify cheeses into creamy sauces, "popping sugar" that explodes in your mouth, and "meat glue" — transglutaminase — to create dishes like tilapia spaghetti (that is, "spaghetti" made from tilapia). Alongside traditional equipment like cookie sheets and hand mixers, you can purchase pipettes to create "caviar" from various liquids or smoke torches that infuse smoke flavour into dishes without heating them up.

Even big retailers are getting in on the action. Williams-Sonoma carries machines known as "sous vide," which cook using a warm water bath. Amazon offers ingredients such as agar-agar (to make gelatins) and xanthan gum (to thicken sauces), as well as whipping siphons to create foams and digital scales that allow the home chef to weigh down to the hundredth of a gram. How's that for precision cooking?

Experimenting with modernist cuisine, sometimes called molecular gastronomy, is the next step in the country's love affair with cooking.

THE ASSOCIATED PRESS

Storefront

Chris Anderson, a software developer, launched Modernist Pantry with his wife two years ago when he couldn't find the ingredients needed for his culinary dabbling. Today, Modernist Pantry carries more than 300 ingredients, as well as equipment, for the home kitchen, drawing 60 per cent of its business from home cooks. Anderson says sales have increased 10 times since launching.

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TAYLOR SWIFT, GOAT GOT YOUR TONGUE?

THE LIST
Paul Sullivan
metronews.ca

Another wacky week for the world …

1 **Oscar Badness.** The week opened way off Broadway with the Seth MacFarlane-hosted Oscars. The creator of Family Guy managed to offend everyone's sensibilities with jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination. But the ratings were up! What a relief!

2 **How Many Supreme Court Judges …** Speaking of hate, did anyone understand the Supreme Court of Canada's ruling about some guy in Saskatchewan who says vicious things about gay people (no joke)? According to the venerable judges, it's free speech to go ahead and offend other people, but it's illegal if, in the process, it exposes those people to hatred. By that test, is it OK for Shakespeare to declare "Kill all the lawyers," unless someone actually does?

3 **Pope No More.** Meanwhile, the Pope has left the building. The Vatican, that is. For the first time in 600 years, the Pope resigned. Not much has changed however. Pope Emeritus Benedict will still be called His Holiness, still gets to wear a white cassock and still thinks gay marriage is a carefree union between a man and a woman.

4 **In Other Goofy Italian News.** Silvio Berlusconi, the exact opposite of the Pope, made a surprising comeback and finished a close second in the Italian election. The stock market wasn't the only institution that reacted badly to the news that the bunga-bunga party guy is back. The Pope didn't resign. He quit in disgust.

5 **Beam Us Up, Scotty.** Former space tourist and multi-millionaire Dennis Tito is teaming up with SpaceX to send a middle-aged married couple to Mars as early as 2018, an entirely privately funded expedition. To Mars, but not on Mars, as the closest they get will be 100 miles. They'll orbit the Red Planet, then turn around and come home. Imagine a 501-day road trip in a Mini with your spouse and you can only begin to comprehend what a perilous mission this is.

6 **Who Knew?** It's not Atlantis, it's Mauritia. Not a sneeze but a lost continent that sank off the coast of Madagascar. Mauritia wasn't really much as continents go, only about a quarter the size of Madagascar, but when you lose something that big, why does it take 85 million years to notice? So Atlantis could be down there somewhere. We just have to wait for James Cameron to find it.

7 **Taylor Swift, Got Yer Goat.** Gotta love the Internet. A magnificent tool for sharing knowledge and YouTube videos of Goats Yelling Like Humans, including a mix of Taylor Swift singing and goats yelling. The challenge is to tell them apart. I'm not making this up: youtu.be/LEdqn-Gtg-s

Follow The Metro List on Twitter @TheMetroList

Jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination equal ratings. Who knew? KEVIN WINTER/GETTY IMAGES

Polar's molar checkup

MCT VIA GETTY IMAGES

Animal procedure

Polar bear gets root-canal routine

For his routine dentist checkup, this fearsome predatory animal needed a general anesthetic — for his comfort and the safety of others. Boris, one of three resident polar bears at the Point Defiance Zoo & Aquarium in Tacoma, Wash., underwent a root-canal exam last weekend to repair an infected canine tooth. MWN

Boris the polar bear

- **Length.** About nine feet.
- **Weight.** 922 pounds.
- **Born.** Dec. 15, 1985, at the Rostock Zoo in Germany.
- **Arrival at current zoo.** November 2002 after being rescued from a circus in Puerto Rico.
- **Life expectancy.** As long as 40 years (captivity), 30 (in the wild).

Sequence of events

12 staff members help bear weight

A veterinarian went to the zoo's Arctic Tundra exhibit last Saturday and shot Boris with a tranquilizer. The bear was then given a sedative before a dozen able-bodied staff members hoisted the massive animal onto a stretcher. Afterwards, the animal was put on a padded operating table and placed on a ventilator to allow medical staff to examine him. MWN

Procedure in numbers

4.5

hours is how long Boris's procedure took.

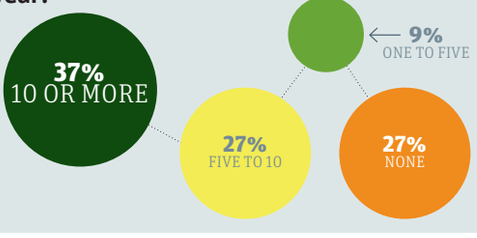
Apart from his root-canal treatment, Boris had a lump removed from his eye to improve his vision, and got his claws trimmed.

Boris was on his paws walking about two hours after the medical work, eating soft foods and receiving painkillers.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How many books will you likely read this year?



Twitter

@SouthMBWeatherf: Long continuous winter in #Winnipeg has given me Thunderstorm Deprivation Syndrome (TDS) #cannotwaitforstorms #longcruelwinter

@zalouloiselle: does anyone even know what the inside of a nanaimo bar is? #mystery

@RyanLennon: Love the smell of burnt skin and hair in the morning.

@sedaheht: I feel like having a cat is like a silly high school crush, and having a dog is like being married, with real emotions and companionship.

@jBoNe__: "your face looks like somebody tried to put out a forest fire with a screwdriver."

@KT_Gwen: Finally managed a 7 minute mile. I can also no longer move my legs or breathe. But I did it and that's all that matters to me

metro

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Nicholas Hoult stars in Jack the Giant Slayer. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Fee, fi, fo, humdrum?

Jack the Giant Slayer. This retelling of a classic fairy tale gets mixed reviews

Richard: Mark, this is what used to be called a "ripping good yarn." It's got all the ingredients of classic fairy tales — a pretty princess, heroics galore, a dash of romance and loads of giant slaying! It's a change from the usual Hollywood fairy tale retellings in that it remains fairly true to the source — there's no Snow White and the Huntsman style ennui here — but what starts out as a family friendly romp turns much darker near the end and won't be appropriate for younger Jack and the Beanstalk fans.

Mark: I agree with "ripping," I'm fine with "yarn." It's "good" I have trouble with. I thought it was made for people who enjoyed Clash of the Titans but found it a wee bit too cerebral. Here's my plot synopsis: A giant beanstalk opens up a portal between Earth and the skies above, and one hour and 46 minutes of the audience's time is lost forever ... I may never eat edamame again.

RC: But edamame is delicious! And so are parts of this movie. A small family could live underneath Nicholas Hoult's cheekbones and the giants are really cool. It's a large-scale CGI epic like Clash of the Titans, but I thought this one was far more successful in creating a world for the characters to live in. It's a simple story of good versus evil, and in a battle between Clash's Kraken and this movie's giants, I'd bet on the giants.

MB: The giants give good grunt, I'll give you that, but there's not a lot of good dialogue in this picture and the acting is rote. Let's face it, the beanstalk has the best part.

RC: The beanstalk certainly takes top billing, but I thought it was fun to see Ewen Bremner — Spud from Trainspotting — in a juicy villain role, backing up an evil Stanley Tucci, who seems to be having fun here. I saw it as a large-scale English pantomime without the songs. There's slapstick, elaborate costumes and you're supposed to boo at the bad guys and cheer for the heroes. It won't become a staple in my DVD collection, but I enjoyed watching the giant chef prepare pigs-in-a-blanket with live pigs!

MB: Richard, that's the one witty note in the picture, and it made me laugh too. So much more could have been made of the giants' surreal world, but the film is surprisingly ... earthbound.

Synopsis

The action in this epic retelling of Jack and the Beanstalk begins when the king's advisor Roderick (Stanley Tucci) hatches a plot to steal an enchanted crown and six magic beans that hold the key to opening a gateway between Earth and Gantua, the land of the giants. Enter poor farmer Jack (Nicholas Hoult) who becomes involved when he unwittingly sows a seed that sprouts a giant beanstalk, literally shooting the princess Isabelle (Eleanor Tomlinson) skyward into the humongous hands of the giants. Determined to rescue her, Jack battles the giants, wins the respect of the king and the love of a princess.

- Richard: ●●●○○
- Mark: ●●○○○

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Which witch is which: Williams takes movie-goers back over the rainbow

Oz the Great and Powerful. Actress takes a departure from serious, dour films in her role as Glinda the Good Witch

NED EHRBAR
Metro World News in Hollywood

In Oz the Great and Powerful, Michelle Williams takes on one of the most iconic screen characters in Hollywood history, Glinda the Good Witch, first seen in the Wizard of Oz. It's not her first time tackling an icon — or even an icon popular with drag queens.

The Wizard of Oz is popular with the drag community. Have you given any thought to the idea of drag queens taking on your role?
Yeah, baby! Yes, yes. Bring it on. I feel like they would put a naughty under the nice.

Have you ever seen a drag interpretation of one of your roles?
Marilyn probably doesn't count, but there's clearly a lot out there. While I was making the movie I saw this drag performance of Marilyn on YouTube and I had to shut it down within 10 seconds because I was like, "That motherf—er is better than me. That motherf—er! I will never match what he's able to do." He was recreating all of her famous numbers to a T. But ... I can't imagine Wendy from Wendy and Lucy is big on the drag circuit.

It's oddly refreshing to see you in a movie that's so...
Happy?

Your films over the last few years have leaned toward the serious and dour, yes. Was this a conscious effort to get something a bit lighter on your filmography?
I never think about it from an outside point of view, like, "Now it's time to do something light." But I did feel within my own soul, I felt like I'd had the marrow sucked out of me, especially with My Week With Marilyn, just because it was so difficult. The core of who she was was very affecting for me to live inside of, so I was feeling more open to doing something that didn't come at a personal cost. For me, I never feel like, "Oh, I have so many things to choose from and I just can't pick. There's just so many great options." It's kind of like desert, desert, desert, desert, oasis! So when that comes along, when I have that feeling from reading a script, whether it's big or small or light or dark, it's really more about if I see an outline of a character that I want to fill in.

I'd assume that you're getting sent all of the best stuff out there.
I haven't worked since I made this movie. I haven't worked in over a year. It was a conscious choice, I definitely wanted to take some time off. This was a long movie to make and I like my life and it takes a lot to take me away from my family. But that choice wasn't ... constantly tested, for better or worse.

Michelle Williams as Glinda the Good Witch in Oz the Great and Powerful. CONTRIBUTED

Comedy

21 & Over

Stars. Miles Teller, Skylar Astin, Justin Chon

Directors. Jon Lucas, Scott Moore

The raucous directorial debut from The Hangover writers Jon Lucas and Scott Moore gives us one 21st birthday you'll wish you could forget. When former high school buddies Miller and Casey reunite to celebrate their friend Jeff Chang's big day, 24 hours of debauchery puts their friendships and futures to the test. Coming of age has never been so tedious in this lacklustre comedy that relies solely on vomit, male nudity and ethnic stereotypes for laughs. This unimaginative college try is about as juvenile as it gets.
MANORI RAVINDRAN/METRO

Top of the chain

"The thing I was most interested in capturing was the comfort level that comes with the self-recognition that you're the very tip-top of the food chain. I don't know what that's like in real life ... So even when a six-foot-five, 240-pound monster of a man comes into the room, to you it's just like taking a breath."

Benjamin Bratt on playing Mexican cartel kingpin El Topo in Snitch (now in theatres) and looking calm in the face of an intimidating Dwayne Johnson
NED EHRBAR

Cannes. Spielberg to head up jury of France's prestigious film festival

France's Cannes Film Festival has finally snagged Steven Spielberg to serve as president of the award jury.

Gilles Jacob, the festival's president, said he had been trying to get the award-winning director to head the jury for years — but the American was always working. Finally, this year, Spielberg got in touch.

"When this year I was told 'E.T., phone home,' I understood and immediately replied: 'At last!'" Jacob said in a statement posted on the festival's website Thursday.

Spielberg, who was nominated but didn't win the directing Oscar for his biopic Lincoln this week, takes the reins from Italian Nanni Moretti. The 66th Cannes festival takes place in the glamorous French Mediterranean resort from May 15 to 26.

Spielberg's presence will likely give more of an American flavour this year to the Cannes festival, a melange of intellectual international cinema and Hollywood glamour.

Jury presidents in the festival's seven-decade history have included such figures as Tennessee Williams, Ingrid Bergman, Roman Polanski and Francis Ford Coppola.

Steven Spielberg GETTY IMAGES

Spielberg has had several films show at Cannes, and E.T. had its world premiere there in 1982. His first film, Sugarland Express, won best screenplay at Cannes in 1974.

"It is an honour and a privilege to preside over the jury of a festival that proves, again and again, that cinema is the language of the world," Spielberg said in a statement.

"The most prestigious of its kind, the festival has always established the motion picture as a cross cultural and generational medium."
THE ASSOCIATED PRESS

The last exorcism ... was just the beginning

Ashley Bell returns as Nell Sweetzer in The Last Exorcism Part II, which opens in theatres this weekend. The film picks up from 2010's surprise hit about demonic possession, as Nell tries to gather the pieces of her life and start fresh, only to be targeted by the same evil that possessed her the first time. METRO

THESE PAGES COVER MOVIE START TIMES FROM FRI., MARCH 1 TO THURS., MAR 7 . TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Winnipeg

Cinema City McGillivray
2190 McGillivray Blvd., 204-269-9981

Escape From Planet Earth (PG) Sat 11:05-1:40 Sun 1:40
Escape From Planet Earth 3D (PG) Fri 4:15 Sat 11:25-4:15 Sun-Thu 4:15
A Good Day to Die Hard (14A) Fri-Wed 7:30-10:10 Thu 10:10
Identity Thief (14A) Fri 4:25-7-9:40 Sat 11:20-1:55-4:25-7-9:40 Sun 1:55-4:25-7-9:40 Mon-Thu 4:25-7-9:40 Fri 6-9 Sat 11-4:30-6-9 Sun 3-6-9 Mon 7:40 Tue 6-9 Wed-Thu 9:40
Jack the Giant Slayer 3D (PG) No Passes Fri 4:30-7:15-10 No Passes Sat 11:05-1:45-4:30-7:15-10 No Passes Sun 1:45-4:30-7:15-10 No Passes Mon-Thu 4:30-7:15-10 No Passes Fri 7-10:10 No Passes Sat-Sun 1-4-7-10:10 No Passes Mon 8:30 No Passes Tue 7-10:10 No Passes Wed 8:30 No Passes Thu 6
The Last Exorcism Part II (14A) Fri 5:15-8-10:30 Sat 12-2:30-5:15-8-10:30 Sun 2:30-5:15-8-10:30 Mon-Thu 5:15-8-10:30
The Metropolitan Opera: Parsifal Live (STC) Sat 11
The Movie Out Here (14A) Fri 5:15-7:55-10:25 Sat 12:25-2:45-5:15-7:55-10:25 Sun 2:45-5:15-7:55-10:25 Mon-Thu 5:15-7:55-10:25
Oz the Great and Powerful 3D (PG) Thu 9 Thu 9:15
Silver Linings Playbook (14A) Fri 4:20-7:10-10:05 Sat-Sun 1:20-4:20-7:10-10:05 Mon-Thu 4:20-7:10-10:05
Snitch (14A) Fri 4:35-7:20-9:55 Sat 11:15-1:50-4:35-7:20-9:55 Sun 1:50-4:35-7:20-9:55 Mon-Wed 4:35-7:20-9:55 Thu 4-6:35 Fri 7:45-10:50 Sat 1:40-7:35-10:50 Sun 1:30-4:30-7:45-10:50 Mon 7 Tue 7:45-10:50 Wed-Thu 8
U2 3D (G) Wed-Thu 7:30
Zero Dark Thirty (14A) Fri 4:45-8:15 Sat-Sun 1:15-4:45-8:15 Mon-Thu 4:45-8:15

Cinema City Northgate
1399 McPhillips Street, 204-334-6234

Broken City (14A) Fri 7-9:30 Sat-Sun 2-4:30-7-9:30 Mon-Thu 6:10-8:50
Gangster Squad (18A) Fri 7:20-9:50 Sat-Sun 1:50-4:40-7:20-9:50 Mon-Thu 5:40-8:10
The Guilt Trip (PG) Fri 6:40-9:20 Sat-Sun 1:40-4:15-6:40-9:20 Mon-Thu 5:20-7:50
Jack Reacher (14A) Fri 6:50-9:40 Sat-Sun 12:20-3:50-6:50-9:40 Mon-Thu 5:20-8:20
Life of Pi 3D (PG) Fri 7:10-10 Sat-Sun 1:30-4:15-7:10-10 Mon-Thu 5:30-8:10
A Moment in Time (PG) Fri 7:30-10:10 Sat-Sun 2:10-4:50-7:30-10:10 Mon-Thu 6-8:40
Rise of the Guardians 3D (G) Fri 7:40 Sat-Sun 1-3:20-5:30-7:40 Mon-Thu 5:40
This Is 40 (14A) Fri-Sun 10 Mon-Thu 8
Wreck-It Ralph 3D (G) Fri 6:30-9:10 Sat-Sun 12:30-3-5:30-8-10:20 Mon-Thu 5:50-8:30

Cinematheque
304-100 Arthur, 204-925-3457

Barbara (STC) Fri-Sun 7 Wed-Thu 7
A Cat in Paris (STC) Sun 2
No Films Showing Today (STC) Mon-Tue
Tower (STC) Fri-Sat 9 Thu 9

City Cinema - Northgate
1399 McPhillips, 204-334-6234

Broken City (14A) Fri 7-9:30 Sat-Sun 2-4:30-7-9:30 Mon-Thu 6:10-8:50
Gangster Squad (18A) Fri 7:20-9:50 Sat-Sun 1:50-4:40-7:20-9:50 Mon-Thu 5:40-8:10
The Guilt Trip (PG) Fri 6:40-9:20 Sat-Sun 1:40-4:15-6:40-9:20 Mon-Thu 5:20-7:50
Jack Reacher (14A) Fri 6:50-9:40 Sat-Sun 12:20-3:50-6:50-9:40 Mon-Thu 5:20-8:20
Life of Pi 3D (PG) Fri 7:10-10 Sat-Sun 1:30-4:15-7:10-10 Mon-Thu 5:30-8:10
A Moment in Time (PG) Fri 7:30-10:10 Sat-Sun 2:10-4:50-7:30-10:10 Mon-Thu 6-8:40
Rise of the Guardians 3D (G) Fri 7:40 Sat-Sun 1-3:20-5:30-7:40 Mon-Thu 5:40
This Is 40 (14A) Fri-Sun 10 Mon-Thu 8
Wreck-It Ralph 3D (G) Fri 6:30-9:10
Sat-Sun 12:30-3-5:30-8-10:20 Mon-Thu 5:50-8:30

Snitch is currently showing in theatres. HANDOUT

Famous Players Kildonan Place
1555 Regent Ave W, 204-663-2166

21 and Over (18A) Fri 7:40-10 Sat-Sun 2:40-5-7:40-10 Mon-Thu 6-8:30
Dark Skies (14A) Fri 7:20-9:55 Sat-Sun 2:10-4:40-7:20-9:55 Mon-Thu 5:50-8:20
Escape From Planet Earth (PG) Sat-Sun 2:20 Mon-Thu 5:30
Escape From Planet Earth 3D (PG) Fri 7-9:20 Sat-Sun 4:50-7-9:20 Mon-Thu 7:50
A Good Day to Die Hard (14A) Fri 7:30-9:50 Sat-Sun 2:30-5-7:30-9:50 Mon-Thu 5:40-8:15
Identity Thief (14A) Fri 7:10-9:45 Sat-Sun 2-4:35-7:10-9:45 Mon-Thu 5:30-8:10
Jack the Giant Slayer 3D (PG) No Passes Fri 7:15-10 No Passes Sat-Sun 1:50-4:30-7:15-10 No Passes Mon-Thu 5:20-8

Grant Park 8 Cinemas
1120 Grant Ave., 204-453-4084

Amour (PG) Dolby Stereo Digital, Sub-Titled Fri 3:15-6:30-9:30 Dolby Stereo Digital, Sub-Titled Sat-Sun 12:15-3:15-6:30-9:30 Dolby Stereo Digital, Sub-Titled Mon-Thu 3:15-6:30-9:30
Argo (14A) Dolby Stereo Digital Fri 3:50-7-9:55 Dolby Stereo Digital Sat-Sun 12:45-3:50-7-9:55 Dolby Stereo Digital Mon-Wed 3:50-7-9:55 Dolby Stereo Digital Thu 3:50-7
Escape From Planet Earth (PG) Dolby Stereo Digital Sat-Sun 12:20
Identity Thief (14A) Dolby Stereo Digital Fri 3:35-7:15-10 Dolby Stereo Digital Sat-Sun 12:40-3:35-7:15-10 Dolby Stereo Digital Mon-Thu 3:35-7:15-10
Jack the Giant Slayer (PG) Dolby Stereo Digital, No Passes Sat-Sun 12:25
Jack the Giant Slayer 3D (PG) Dolby Stereo Digital, No Passes Fri-Thu 4-6:45-9:35
Lincoln (PG) Dolby Stereo Digital Fri 3:30-6:40-9:50 Dolby Stereo Digital Sat-Sun 12:10-3:30-6:40-9:50 Dolby Stereo Digital Mon-Thu 3:30-6:40-9:50
Les Misérables (PG) Dolby Stereo Digital Fri 3:20-7:20 Dolby Stereo Digital Sat-Sun 12-3:20-7:20 Dolby Stereo Digital Mon-Thu 3:20-7:20
Oz the Great and Powerful 3D (PG) Dolby Stereo Digital Thu 9:50
Quartet (PG) Dolby Stereo Digital Fri 4:05-7:10-9:40 Dolby Stereo Digital Sat-Sun 12:30-4:05-7:10-9:40 Dolby Stereo Digital Mon-Thu 4:05-7:10-9:40
Silver Linings Playbook (14A) Dolby Stereo Digital Fri-Thu 3:40-6:50-9:45

IMAX Theatre at Portage Place
Y003-393 Portage Avenue, 204-956-4629

Bears (STC) Fri 7 Sat 12 Sun 3:45 Mon 12 Thu 11
Born to Be Wild 3D (G) Fri 11:10-6 Sat 1
Coral Reef Adventure (STC) Thu 12
Egypt 3D: Secrets of the Mummies (STC) Thu 1:15
Hubble 3D (G) Sat 3:30-8:15 Sun 1:45
Space Station (STC) Sat 7 Sun 2:45
To the Arctic 3D (STC) Fri 10 Sun 12:30 Mon 1:15 Tue 11:10 Wed 10
Tornado Alley 3D (G) Fri 8:15 Sat 2:15 Tue 12:10 Wed 11:10 Thu 10

Landmark Globe Cinema
393 Portage Ave, 204-943-1583

A Late Quartet (STC) Fri 7-9:40 Sat-Sun 1-3:40-7-9:40 Mon-Thu 7-9:40
Oz the Great and Powerful 3D (PG) Thu 9:45
Quartet (PG) Fri 7:20-9:45 Sat-Sun 1:20-3:45-7:20-9:45 Mon-Wed 7:20-9:45 Thu 7:20
Silver Linings Playbook (14A) Fri 7:10-9:50 Sat-Sun 1:10-3:50-7:10-9:50 Mon-Thu 7:10-9:50

Landmark Towne Cinema 8
301 Notre Dame Avenue, 204-947-2848

21 and Over (18A) Fri 7:15-9:30 Sat-Sun 1-3:15-7:15-9:30 Mon-Thu 7:15-9:30
Dark Skies (14A) Fri 7-9:15 Sat-Sun 1-3:15-7-9:15 Mon-Thu 7-9:15
Django Unchained (18A) Fri-Thu 8:50
Escape From Planet Earth (PG) Sat-Sun 3:30
Escape From Planet Earth 3D (PG) Fri 6:45 Sat-Sun 1:15-6:45 Mon-Thu 6:45
Identity Thief (14A) Fri 7-9:30 Sat-Sun 1-3:45-7-9:30 Mon-Thu 7-9:30
Jack the Giant Slayer (PG) Sat-Sun 3:45
Jack the Giant Slayer 3D (PG) Fri 6:50-9:30 Sat-Sun 1:15-6:50-9:30 Mon-Thu 6:50-9:30
The Last Exorcism Part II (14A) Fri 7-9:15 Sat-Sun 1-3:15-7-9:15 Mon-Thu 7-9:15
The Movie Out Here (14A) Fri 7:15-9:20 Sat-Sun 1:30-3:45-7:15-9:20 Mon-Thu 7:15-9:20
Snitch (14A) Fri 6:50-9:20 Sat-Sun 1:15-3:45-6:50-9:20 Mon-Thu 6:50-9:20

SilverCity Polo Park
815 St. James Street, 204-774-1001

21 and Over (18A) Fri-Sat 1:15-3:35-5:55-8:15-10:40 Sun 1:15-3:35-5:55-8:15-10:30 Mon-Thu 2:40-5:10-7:40-10:05
Dark Skies (14A) Fri 12:40-3:10-5:40-8:10-10:40 Sat 11:05-12:25-4:20-5:40-8:10-10:40 Sun 12:40-3:10-5:40-8:10-10:30 Mon-Thu 2:40-5:05-7:40-10:15
Escape From Planet Earth (PG) Fri 12:20 Sat 11:05-12:15 Sun 12:15 Mon-Thu 2:20
Escape From Planet Earth 3D (PG) Fri-Sun 2:35-5-7:30-9:50 Mon-Thu 4:45-7:10-9:35
A Good Day to Die Hard (14A) Fri 2:10-4:40-7:15-9:50 Sat 11:40-2:10-4:40-7:15-9:50 Sun-Thu 2:10-4:40-7:15-9:50
Hansel & Gretel: Witch Hunters (18A) Fri-Sat 1:20-3:40-6-8:20-10:35 Sun 1:20-3:40-6-8:20-10:25 Mon-Thu 2:55-5:25-7:55-10:25
The Hobbit: An Unexpected Journey 3D (PG) Fri 3:15-6:50-10:30 Sat 11:40-3:15-6:50-10:30 Sun 12:35-4:15-8 Mon-Tue 1:20-4:55-8:30 Wed-Thu 3:30-9:35
Identity Thief (14A) Fri 2:20-5:05-7:50-10:35 Sat 11:35-2:20-5:05-7:50-10:35 Sun 2:20-5:05-7:50-10:35 Mon-Tue 1:45-4:35-7:25-10:20 Wed 1:20-3:55-7:25-9:35 Thu 1:45-4:35-7:25-10:20
Jack the Giant Slayer 3D (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun-Thu 2:15-5-7:45-10:30
Jack the Giant Slayer: An IMAX 3D Experience (PG) No Passes Fri 1:45-4:30-7:15-10 No Passes Sat 11-1:45-4:30-7:15-10 No Passes Sun-Wed 1:45-4:30-7:15-10 No Passes Thu 1:45-4:30-7:15
The Last Exorcism Part II (14A) Fri 1-3:20-5:40-8-10:20 Sat 10:50-1-3:20-5:40-8-10:20 Sun 1-3:20-5:40-8-10:20 Mon-Thu 1:20-3:35-5:55-8:15-10:30
The Metropolitan Opera: Parsifal Live (STC) Sat 11
Oz the Great and Powerful: An IMAX 3D Experience (PG) Thu 10
Safe Haven (PG) Fri 12:30-2:40-5:25-8:10-10:55 Sat 12-2:40-5:25-8:10-10:55 Sun 12:05-2:40-5:20-8-10:35 Mon-Thu 1:25-4:15-7:05-9:55
Shrek 2 (G) Sat 11
Silver Linings Playbook (14A) Fri 1:25-4:20-7:20-10:15 Sat 1:25-7:20-10:15 Sun 1:25-4:20-7:20-10:15 Mon-Tue 1:30-4:20-7:20-10:15 Wed 1:30-4:20-10:15 Thu 1:30-4:20-7:20-10:15
Snitch (14A) Fri 12:25-2:50-5:30-8:15-10:55 Sat 12:05-2:50-5:30-8:15-10:55 Sun 12:10-2:40-5:15-7:55-10:30 Mon-Tue 2-4:45-7:30-10:10 Wed 4:45-7:30-10:10 Thu 2-4:45-7:30-10:10 Star & Strollers Screening Wed 1
U2 3D (G) Wed-Thu 7:30
Warm Bodies (14A) Fri 12:20-2:50-5:20-7:50-10:25 Sat 2:50-5:20-7:50-10:25 Sun 12:20-2:50-5:20-7:50-10:25 Mon-Tue 2:25-5:10-7:35-10:10 Wed 5:10-7:35-10:10 Thu 2:25-5:10-7:35-10:10 Star & Strollers Screening Wed 1

SilverCity St. Vital
110-1225 St Mary's Rd, 204-256-3901

21 and Over (18A) Fri 1:15-3:35-5:55-8:15-10:40 Sat 2:15-3:15-5:55-8:15-10:40 Sun 1:15-3:35-5:55-8:15-10:30 Mon-Thu 2:50-5:10-7:25-9:50
Escape From Planet Earth (PG) Fri 12:30 Sat 11:45-12:30 Sun 12:30 Mon-Thu 2:20
Escape From Planet Earth 3D (PG) Fri 1-2:45-5:05-7:20-9:40 Sat 10:50-1-2:45-5:05-7:20-9:40 Sun 1-2:45-5:05-7:20-9:40 Mon-Wed 5:05-7:20-9:40 Thu 12:55-5:05-7:20-9:40
A Good Day to Die Hard (14A) Fri-Sun 12:20-2:45-5:10-7:35-10:05 Mon-Thu 2:45-5:10-7:35-10:05
Hansel & Gretel: Witch Hunters 3D (18A) Fri 3:15-5:35-7:50-10:10 Sat 5:35-7:50-10:10 Sun 3:15-5:35-7:50-10:10 Mon-Wed 3-5:20-7:35-9:50 Thu 3-5:20-7:35
Identity Thief (14A) Fri-Sat 12:25-3-5:35-8:10-10:45 Sun 12:25-3-5:30-8:05-10:35 Mon-Wed 2-4:35-7:10-9:55 Thu 4:35-7:10-9:55 Star & Strollers Screening Thu 1
Jack the Giant Slayer 3D (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun 2:15-5-7:45-10:30 No Passes Mon-Wed 2:15-5-7:45-10:25 No Passes Thu 10 No Passes Thu 12:50-3:30-6:10
The Last Exorcism Part II (14A) Fri-Sun 1-3:20-5:40-8-10:20 Mon-Thu 2:30-4:45-7:15-9:40
The Metropolitan Opera: Parsifal Live (STC) Sat 11
Oz the Great and Powerful 3D (PG) Thu 9
Safe Haven (PG) Fri-Sun 1:15-4-7-9:45 Mon-Thu 1:50-4:25-7:05-9:45
Shrek 2 (G) Sat 11
Snitch (14A) Fri 2:25-5:05-7:55-10:35 Sat 11:50-2:25-5:05-7:55-10:35 Sun 2:25-5:05-7:55-10:25 Mon-Wed 2:10-4:55-7:40-10:20 Thu 4:55-7:40-10:20 Star & Strollers Screening Thu 1
Warm Bodies (14A) Fri 2-4:30-7:10-9:35 Sat 5:15-7:40-10:10 Sun 2-4:30-7:10-9:35 Mon-Thu 2:40-5:05-7:30-10

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A sprawling tale of biblical proportions

Roma Downey. Touched by an Angel actress talks about new project with Mark Burnett, The Bible

Roma Downey plays Mother Mary in The Bible. THE CANADIAN PRESS

Filming in the Moroccan desert with hundreds of extras, dozens of horses and carriages, burning buildings and firebombs made for an "epic" experience on the set of the new miniseries The Bible, say creators Mark Burnett and Roma Downey.

"It was a production of biblical proportions," Downey, former star of Touched by an Angel, said during a recent stop in Toronto with Burnett.

"And a lot of danger," added Burnett, the famed reality show producer who's married to Downey and has three teenagers with her.

"You've got 50 chariots with Arabian horses, thundering at 30 miles an hour across the desert — anything could happen. We were so glad when those sequences finished."

Premiering Sunday on History, The Bible is a 10-hour, five-part docudrama that covers Genesis through Revelations.

Downey, who co-produced with Burnett, plays Mother Mary alongside Portuguese TV star Diogo Morgado as Jesus.

"It was such a privilege for me," said Downey, who hails from Northern Ireland.

"I have loved Mary my whole life, and the story of the passion of Jesus."

The international cast also includes Sean Teale, David Rintoul, Amber Rose Revah and Simon Kunz.

Emmy-winning actor/vocalist Keith David narrates to a musical score from Grammy-and-Oscar-winning composer Hans Zimmer.

"It's a story that so many books — from Shakespeare (to) Narnia, Lord of the Rings and on a bizarre level, The Matrix — are biblically based (on), because these stories are so good," said the London-born Burnett.

"So we chose a selection of these stories. We can't tell the entire Bible in 10 hours. But the stories are so full of characters that you can just see yourself in."

"Ultimately, these stories are our stories," added Downey. "They're thousands of years old but it's the story of humanity and the struggles they had. And the hopes and the dreams that these people had are the same that we have today."

Heavy cross

The most challenging part of the six-month shoot in Ouarzazate, Morocco last year was the crucifixion sequence, said Downey. It took three days to shoot on a hillside on the outskirts of town and will air Easter Sunday. "I'm sure we were all emotionally, spiritually and physically exhausted," she says.

TV Picks

Get heeled on Shark Tank

Shoes with interchangeable heels are among the inventions presented on Friday's episode of the entrepreneurial investment series Shark Tank. Other business ideas include a line of sugar-free nut butters and a tattoo-removal device. (CTV, ABC)

A meeting of the minds on Touch

On the Kiefer Sutherland numbers-filled drama Touch, which recently returned for a second season Friday nights, autistic mathematical genius Jake contacts the equally gifted Amelia and they meet without their parents knowing. As Martin (Sutherland) and Lucy (Maria Bello) search for their children, they find information on Calvin's brain-damaged brother. (Global, Fox)

On the hunt for fun in P.E.I.

Canadian pop singer Victoria Duffield performs in the finale of Cross Country Fun Hunt, a CBC online initiative that asked kids to share their favourite local "fun spots" by uploading videos and pictures online. The winning spot, as chosen by 14,000 online votes, was Stratford, P.E.I. This finale airing Saturday features footage from a recent concert as well as a tour of Stratford. (CBC)

Enter the Ninja Warrior

American Ninja Warrior, which calls itself the "toughest challenge on Earth," is airing highlights and previously unseen footage from its fourth season on Saturday. The obstacle course competition series aims to crown one athlete a "true American Ninja Warrior" and offer a $500,000 cash prize. (NBC)

Real talk with Alicia Keys

New episodes of the celebrity interview series Oprah's Master Class return Sunday, with an instalment featuring Alicia Keys. The Grammy-winning R&B singer opens up about being raised by a single mother in New York City, letting go of anger she had toward her father and following her passion for singing. (OWN)

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Pet Health Fact

This week we present the ten most common medical problems for which dogs and cats present to veterinary hospitals:

10. Cushing's disease – an adrenal gland disease of senior dogs.
9. Diabetes – requires diet modification and insulin therapy. Cats often go into remission. Dogs usually go blind.
8. Torn ACL – requires surgery to repair. When one knee goes, the other often follows.
7. "Kennel Cough" – a contagious bronchitis of dogs. Annual vaccination helps to prevent it.
6. Skin allergies – affects dogs especially. Often requires steroids, antibiotics, and prescription diets.
5. Upper respiratory infections – mixed viral infections for which cats are routinely vaccinated.
4. Eye problems – corneal ulcers, "dry eye," and conjunctivitis are all common.
3. Urinary tract infections – painful urination, requires antibiotic therapy.
2. Periodontal disease – causes pain, bad breath, and infection. Daily brushing and regular dental scaling and polishing help.
1. Obesity – affects more than half of all North American dogs and cats. Shortens pets' lives by years! Veterinary diets and exercise are key to weight loss.

If your pet is showing any signs of illness, consult with a veterinarian promptly.

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metro

Just give it to the best Canadian mime

Martin Short
GETTY IMAGES

Canadian Screen Awards. Gemini and Genies replaced by one big event

The inaugural Canadian Screen Awards combine the previous Gemini and Genie Awards into one joint TV and film celebration, but that's not enough for comic Naomi Snieckus.

In the name of efficiency, she suggests throwing in the theatre world's Dora Awards — as well as a miming competition for good measure — to create an all-encompassing prize.

"It's going to be called the Mime-sies. Or the Dora-ginies," says Snieckus, best known as smart-aleck gym teacher Bobbi on CBC-TV's Mr. D.

For those still wrapping their heads around Canada's newest entertainment prize, the Canadian Screen Awards honour the best in homegrown film, television and digital projects and will be broadcast Sunday on CBC-TV.

It replaces the previous Gemini Awards, which saluted Canuck-made TV, and the Genie Awards, which celebrated Canuck-made movies.

"We are in a time when no one has time for two awards nights. We have to put them together — we get it down, we party hard for one night. Compact," explains Snieckus, who will co-host CBC's online live stream from the red carpet.

"You know, I think it could be done in 10 minutes," adds fellow comic Matt Baram, from the City sitcom Seed.

"We don't need a long awards show just because we've combined all the awards. In fact, why don't they just make one award and give it to the best Canadian?"

The revamped bash is part of sweeping changes the Academy of Canadian Cinema & Television brought in to draw bigger audiences to "a bigger show with bigger impact."

Martin Short adds Hollywood heft as show host and a slew of cross-border stars have been recruited to present trophies: Sandra Oh, Genevieve Bujold, Jay Baruchel, Adam Beach, James Cromwell and Catherine O'Hara among them.

Short, who hosted the Geminis in 1989, says he's intent on making the inaugural gala entertaining, noting that he might unleash "a song or two."

And he approves of the combined format, admitting that he's fed up with the seemingly endless parade of award shows in the United States.

"Down here there are too many award shows. I mean, when I was a kid there were the Oscars and the Emmys. And now there are five examples of the Oscars before the Oscars. So it does kind of upstage a little bit and make it a little less special than it used to be." THE CANADIAN PRESS

Kim Cattrall recognized

- Sex and the City star Kim Cattrall is being recognized for her body of work. The actress will receive a special prize for "outstanding artistic contribution to film and television" at the inaugural Canadian Screen Awards.
- The award recognizes "a remarkable person who has made their mark on the film and television industry." Academy head Helga Stephenson says Cattrall "is a fabulously successful Canadian performer who proudly embraces both sides of the border."

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In control of No One In Control

Snowden. Metro talks to Jordan Jeffares about his sound, and a follow up six years in the making

HEIDI PATALANO
scene@metronews.ca

Jordan Jeffares releases his new album after more than six years away from the scene. HANDOUT

Snowden mastermind Jordan Jeffares is emerging after more than six years off the scene with a new album.

After his 2006 release Anti-Anti, which was roundly praised by critics, Jeffares disappeared altogether, because of a conflict with his record label.

Known for introspective, echoing songs, loaded with the prettiest brand of longing and despair this side of The Cure, Snowden is now receiving advance praise for sophomore release, No One In Control, which comes out in May.

Jeffares says he never gave up making music. He just couldn't find a way to put it out.

"If you put it out naked, there's a good chance that no one will ever hear it," he says from his Austin, Texas, home. "It's very hard to get a record out properly anymore. Anyone can release a record — I could've put it out at any time — but without a push behind it, i.e. some finances, it can be hard."

Do you find that the longer you've worked on a song, the better it is?

I hope it is. I have a group of peers that I pass things around to and I'll keep changing things until they smile.

But this new album feels like the follow up to Anti-Anti even though it's been more than six years.

I still think in the same rhythms. I still think in the same way because I work alone. Even though I try really hard just to step outside of my own head, there's only so much I can do and I find myself returning to similar themes over and over again. Even with this much time and this much work on this record, I have strong themes that I'm drawn to, sonically, and that's how the record gets to sounding like it sounds now. That's why it sounds like a follow up, because it really is.

Do you think being in Austin will help you write different kinds of material?

Well, when I got here and I was trying to understand where my head was at as far as my writing goes, I read this Steve Earle quote about Austin. He said, "the weather was great, the women were beautiful and the drugs were too cheap and I wouldn't get anything done in a town like that." It explains why nothing good comes out of beach towns, including L.A., arguably. When life is so good, it's hard to find flux to create new moods. I've been trying to learn how to rethink here, to write without flux in my life.

You've been described as enjoying a sort of cold, snowy ambience in your songwriting. What songs or artists evoke that for you?

I've always been a big fan of The Cure's early to mid career, and of course My Bloody Valentine. I'm a huge Yo La Tengo fan. One of the bands that I'm constantly throwing out to my friends, trying to get them to pick up on is The Clientele. I don't understand how they're not one of the biggest bands in the world.

Mind the App

Sound Uncovered

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kristen Stewart

Stewart rejecting new advances from Sanders

Kristen Stewart has reportedly been dodging advances from her Snow White and the Huntsman director, Rupert Sanders, now that his marriage to Liberty Ross is toast following his and Stewart's cheating scandal last summer, according to Radar Online.

"Rupert's reached out to Kristen, but she doesn't want anything to do with him," a source says. "He texted her a number of times after Liberty filed for divorce, however Kristen didn't respond. In truth, she regrets ever getting involved with Rupert because of how much it hurt Robert (Pattinson) and the amount of public backlash she was subjected to."

The Word

Would Tina Fey consider hosting next year's Oscars? 'No way'

Don't get your hopes up for Tina Fey to host the Oscars next year, as the 30 Rock star says there's no way she'll take the job.

"I just feel like that gig is so hard," she tells the Huffington Post. "Especially for, like, a woman. The amount of months that would be spent trying on dresses alone — no way."

Fey earned rave reviews for her work co-hosting the Golden Globes in January with pal Amy Poehler, and after Seth MacFarlane's controversy-courting Oscars hosting performance Sunday many naturally looked to Fey as an improvement for next year, but she insists there's no chance. "I wish I could tell you there was," Fey says.

Scott Weiland ALL PHOTOS GETTY IMAGES

Stone Temple Pilots singer reads of his firing

The rock band Stone Temple Pilots announced this week that they were firing singer Scott Weiland, and no one was more surprised by the news than Weiland himself.

"I learned of my supposed 'termination' from Stone Temple Pilots this morning by reading about it in the press," Weiland says in a statement to E! News. "Not sure how I can be 'terminated' from a band that I founded, fronted and co-wrote many of its biggest hits, but that's something for the lawyers to figure out. In the meantime, I'm looking forward to seeing all of my fans on my solo tour, which starts this Friday."

Twitter

@jason_mraz
For me, the days that begin bad always seem to conclude with magical evenings. Thanks weird day!

@ActuallyNPH
The Nat Enq is cray cray. We've never had a wedding date, just engaged (Prop 8 and all). We're on a cruise as I write. He's rad. All good.

@samantharonson
I have now taken every allergy medicine available in the US- still no relief- but if i die tonight, u know why.

@GarryShandling
Maybe the Pope is tired because he stands when he drives.

ST. CHARLES COUNTRY CLUB

NOTICE OF PESTICIDE CONTROL PROGRAM

Public Notice is hereby given that St. Charles Country Club may conduct the following Pesticide Control Program from April 15th to November 15th, 2013.

1. To control fungal diseases on turf and ornamentals within the confines of the St. Charles Country Club.
2. To control noxious weeds within the confines of the St. Charles Country Club.
3. To control insects within the confines of the St. Charles Country Club.

The St. Charles Country Club proposes to use the following pesticide products if required following the label instructions to control fungal diseases, noxious weeds, and insects when conditions dictate and to isolated areas throughout the 240 acres.

The fungicides are: Aliette Signature, Banner Maxx, Cadence WDG, Civitas, Compass 50WG, Daconil Ultrex, Eagle WSP, Heritage Maxx, Insignia, Instrata, Pro-Fungicide X, Rovral GT, Senator 70WP, Trilogy SC, and Triton.

The insecticides are: Acelepryn, Prox 120, Pyrate, Sevin T/O, and Vectobac200G. The herbicides are Casoron G4, Killex, Par III, and Reward. The growth regulators are: Primo Maxx.

The Public may send written submissions or objections within 15 days of the publication of this notice to the department below:
Manitoba Conservation
Pesticide/Fertilizer Section
Suite 160, 123 Main Street
Winnipeg, MB R3C 1A5

If you have any concerns, comments or questions, please do not hesitate to contact the golf course superintendent Braydon Gilbert by phone at 204-889-0899 or email at braydon.gilbert@stcharlescountryclub.ca

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Come by on Friday nights for our Karaoke, or grab your friends and party on Saturday alongside some of Winnipeg's top musical talents.

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Looking for a place to relax after that hard business meeting? Our comfortable couches, extensive bar selection and NEW Bigger menu have you covered. Enjoy our HUGE nacho platter, our famous home-style burgers, or our signature pastas over some frosty pints or signature cocktails.

From gameday to everyday, the staff at Average Joe's Sports Lounge invite you to enjoy an experience that's anything but Average.

SULTAN'S SHAWARMA OFFERS GREAT TASTE

Sultan's Shawarma on Ellice Avenue is now open and serving fresh and delicious chicken and beef shawarma, plus a wide variety of eastern inspired dishes at outstanding prices.

"We are offering the best shawarma in the city," says Sultan's Shawarma owner and operator Chouaib Bengassem. "We'll be the best in terms of taste, choices and price."

Sultan's Shawarma is different from other shawarma restaurants because of their amazing variety. Along with their shawarma sandwiches, they offer a wide range of menu items including soups and salads, hummus, donair, paninis, falafel, veggie sandwiches and regular and sweet potato fries.

Sultan's Shawarma also stands out from the other shawarma restaurants because of the pride they take in every ingredient that goes into their menu.

"It's all homemade and fresh," says Bengassem. "Our sauces are homemade. We have our signature dish 'the golden boy' which is a delicious mix of chicken beef and cheese, and our donair is made with our homemade signature steak sauce."

Bengassem spent years running a restaurant in Montreal but is excited to start serving the people of Winnipeg.

"I just love the people in Winnipeg. We are going to serve the people in the community but also get to know the people. Plus we are excited to offer affordable meals to all the students in the area," he says.

The great flavour in every dish prepared at Sultan's Shawarma comes from chef Rachid Elakaidi, who has come to Winnipeg from the Middle East and has over 10 years experience cooking shawarma.

Sultan's Shawarma is located at 540 Ellice Avenue just past the University of Winnipeg. You can take-out or come in and enjoy the great food in their cozy and modern dining room.

Sultan's Shawarma is open seven days a week from 11 a.m. to 10 p.m.

ENJOY MEXICAN CUISINE

This locally owned Mexican destination keeps raising the bar on Mexican favourites such as Tacos, Burritos and Fajitas. This year brings a new, healthier lunch menu with fresh salads, light tacos and more, as well as their convenient express menu that includes a pop, coffee and tea for $11.99. It's free if it takes more than 15 minutes making Don Pedro's a perfect quick lunch getaway.

To celebrate their fifth anniversary, Don Pedro's has a fantastic dinner menu with homemade Empanadas, Mexican Chorizo Tacos, Baby Back Ribs (Mexican Style) and more. The amazing atmosphere is the perfect place to keep your Mexican vacation alive with perfect margaritas made with fresh fruit (a vacation in a glass), considered by some the best in Canada. Their Mexican Flan, Deep Fried Ice Cream and Mexican Choco Chimi's are also some of the most popular treats. Don Pedro's is a great place for your next staggette, office party, birthday bash, or event of any type, since they can accommodate parties from six to over 100 people.

Don Pedro's is open Tuesday to Friday for both lunch and dinner, and Saturday for dinner and late night snacks. For 2013, Don Pedro's is offering a special appreciation discount to all City of Winnipeg and Province of Manitoba employees. Show your government identification and receive a 15% discount off of your entire table's bill (up to eight people). Don Pedro's is located in the heart of the Theatre-Exchange district at 114 Market Avenue.

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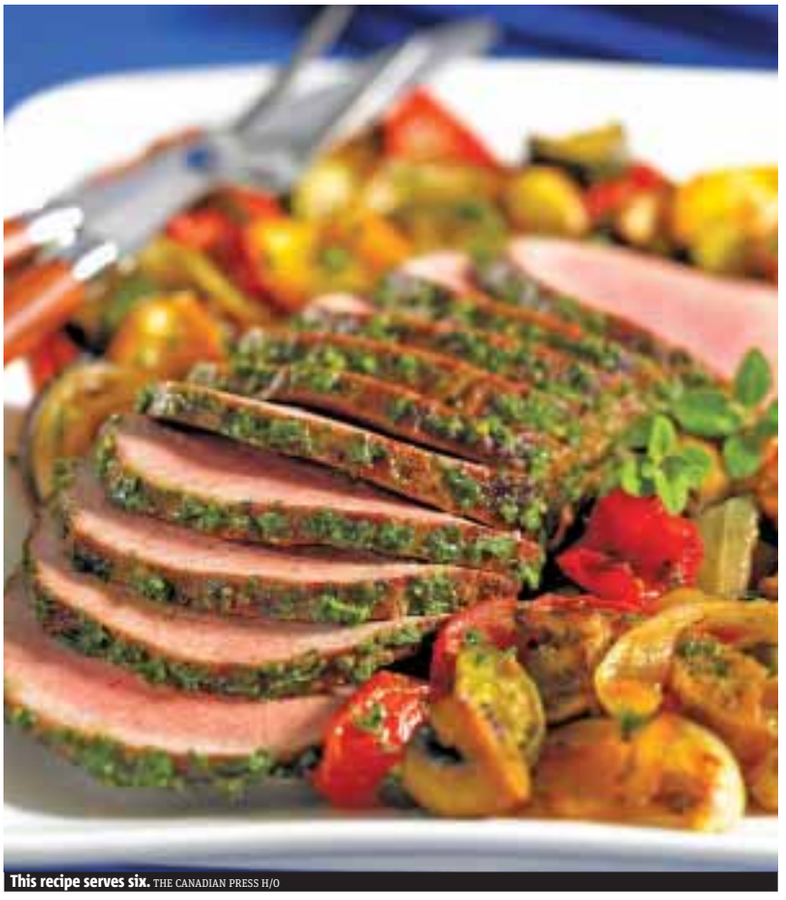
A colourful way to start Nutrition Month

Mediterranean Roasted Beef and Veggies. March is devoted to healthy eating so whip up this delicious meal

When shopping, try to purchase healthy items from the perimeter of the grocery store and supplement with staples from the inner aisles.

Here is an easy and flavourful recipe keeping in mind those principles.

This colourful, nutritious dinner cooks all at once in the oven, making for little preparation or cleanup. Serve it with cooked couscous, quinoa, rice or pasta.



This recipe serves six. THE CANADIAN PRESS H/O

Ingredients

- 6 cloves garlic, peeled
- 3 plum (Roma) tomatoes, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 each red and yellow bell peppers, cut into chunks
- 250 g (8 oz) zucchini (about 2 small), cut crosswise into 1-cm (1/2-inch) slices
- 125 g (4 oz) mushrooms, quartered
- 60 ml (4 tbsp) basil pesto,
- 10 ml (2 tsp) olive oil
- 1.5 kg (3 lb) boneless beef sirloin tip
- Pinch each salt and pepper
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) liquid honey

1. Line a rimmed baking sheet with foil and spray lightly with cooking spray.

2. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pepper, zucchini, mushrooms and 45 ml (3 tbsp) of the pesto; toss to coat. Spread evenly on prepared baking sheet; set aside.

3. In an ovenproof sauté pan or skillet with a rack, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over. Spread remaining pesto over roast. Place on rack in the same sauté pan.

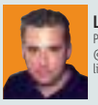
4. Roast beef and vegetables in a 140 C (275 F) oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 60 C (140 F) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with foil and let stand for 10 to 15 minutes.

5. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

6. Carve roast across grain into thin slices. Serve with vegetables. **THE CANADIAN PRESS/ COOK! BY DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).**

Liquid Assets

The skinny on wine



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sorry beer and spirit fans, with its reputation as a heart healthy, food-friendly beverage, wine sits at the top of the booze chain in the debate over which tipple is "best for you."

When it comes to a wine's nutritional value, you've got to think about the alcohol. That's where the calories come from folks, so a higher level means more sit-ups.

My friends at WineFolly.com have become one of the go-to wine blogs with their witty commentary and knack for turning mind-bending vino info into cool graphics. Their latest post is a chart that breaks down a variety of wine styles and lays out the truth about how many calories are in each glass. Wine Folly also takes cartography to a new level with a series of detailed maps to your favourite grape growing countries. They've just added Spain. Check out their website over a glass of Bodegas Piqueras 2008 Castillo de Almansa Reserva ($11.95 - $14.99) from the Albacete region in Spain's southeast.

With its balanced, dark berry fruit and light, woody backbone, you just might forget that at 14 per cent alc./vol. you're drinking between 165-195 calories. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Stir-fry your way to a quick and nutritious dinner

This Honey-Garlic Chicken & Sweet Pepper Stir-Fry serves 4. THE CANADIAN PRESS

Ingredients

- 250 ml (1 cup) milk
- 45 ml (3 tbsp) cornstarch
- 75 ml (1/3 cup) reduced-sodium soy sauce
- 30 ml (2 tbsp) liquid honey
- 15 ml (1 tbsp) butter, divided
- 500 g (1 lb) boneless skinless chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 each sweet red, yellow and green pepper, cut in thin strips
- 30 ml (2 tbsp) rice vinegar
- Hot pepper sauce, to taste (optional)

1. In bowl, whisk a little milk into cornstarch to make a smooth paste. Whisk in the remaining milk, reduced sodium soy sauce and honey; set aside.

2. Heat wok over high heat. Add half butter; swirl to coat. Add chicken and garlic and stir-fry 3 mins. or until browned; transfer to bowl. Add remaining butter to pan, then peppers. Stir-fry 5 mins. or until tender. Return chicken and any juices to pan. Reduce heat to medium.

3. Whisk milk mix and pour into pan. Cook, stirring, 5 minutes or until chicken is no longer pink inside and sauce is thickened. Stir in vinegar and hot pepper sauce, to taste, if using.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA.

Red Velvet gets an airy touch of Italian Meringue Frosting

Perfect little bites of velvety goodness with a light, airy frosting are easy to make and enjoy. Garnish these delicious cupcakes with an extra special sprinkle of edible gold flakes or coloured sugar to make them the star of your next special occasion.

Ingredients

- 1 1/3 cups (325 ml) cake and pastry flour, sifted
- 2/3 cup (150 ml) granulated sugar
- 1 tbsp (15 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) baking soda
- 1/2 cup (125 ml) buttermilk
- 1/4 cup (60 ml) butter, melted
- 1 egg
- 1 tbsp (15 ml) red food colouring
- 1 tsp (5 ml) pure vanilla extract
- Edible gold flakes (for garnish)

Italian Meringue Frosting

- 1/3 cup (75 ml) granulated sugar
- 1/4 cup (60 ml) water
- 2 egg whites
- Pinch cream of tartar
- 1/2 tsp (2 ml) pure vanilla extract

1. In a large bowl, whisk together cake and pastry flour, sugar, cocoa powder, baking powder and baking soda; set aside.

2. In another small bowl, whisk together buttermilk, melted butter, egg, food colouring and vanilla. Pour over flour mixture and whisk until smooth and well-combined.

3. Divide batter among greased or paper-lined mini muffin tins and bake in preheated 350 F (180 C) oven for about 15 minutes or until toothpick in centre comes out clean. Remove from pan and let cool completely on rack.

4. Italian Meringue Frosting: In a small saucepan, bring sugar and water to boil, stirring to dissolve sugar. Let mixture boil for 5 minutes.

5. Meanwhile, in a large bowl, beat egg whites with cream of tartar until soft peaks form. While beating, add the hot sugar syrup in a steady stream and beat for about 5 minutes or until glossy stiff peaks form. Beat in vanilla.

6. Frost the cupcakes and sprinkle with gold flakes as desired.

EGG FARMERS OF ONTARIO

This recipe makes 24 mini cupcakes. EGG FARMERS OF ONTARIO

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March 31, 2013
Easter Sunday Brunch
Adults $22.95
Menu
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SEATING TIMES
9:30AM & 12:00PM
Carved Honey Glazed Ham
Chicken Breast served with Lemon Herb Sauce
Tortellini in Tomato Basil Sauce
Stir Fried Meatballs, Green & Red Peppers and Onions in Cantonese Sauce
Quiche Florentine
Omelette made to Order
Bacon, Sausage, & Hashbrowns
Salads: Tossed Garden, Caesar, Potato, Coleslaw, Mac & Cheese & Ham
Cucumber & Tomato Tray, Cheese Tray, Relish Tray
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March 31 & April 1, 2013
Easter Dinner Buffet
Adults $24.95
Menu
Seniors $22.95
SEATING TIMES
3:30PM & 6:00PM
Roasted Turkey with Sage Dressing, Gravy, & Cranberry Sauce
Roasted Honey Glazed Ham with Apple Sauce
Swedish Meatballs
Southern Fried Chicken
Three Cheese Manicotti in Tomato Basil Sauce
Perogies served with Fried Onions
Mashed Potato
Corn & Carrots
Salad: Tossed, Caesar, Potato, Coleslaw, Mac & Cheese & Ham
Fresh Vegetable Tray, Relish Tray
Seafood Salad, Smoked Fish
Fresh Tomato & Cucumber Tray
Dessert & Pastries
Fruit Tray
Dinner Rolls & Butter
Coffee, Tea
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Have a few gaps in your schedule you're looking to fill? Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Shelley Cook
winnipeg@metronews.ca

The best kind of blues are the Powder Blues

The Powder Blues are at the Pyramid Cabaret, 176 Fort St., on Saturday. The B.C. band has been Canada's premiere blues band for more than three decades, offering up a mix of swing, blues, jazz and good ol' rock 'n' roll. Whether you're a music aficionado, or just dig good music, this is where you'll want to be on Saturday. The boys hit the stage at 9 p.m. Tickets are $38 in advance and available online at Ticketmaster, or at Kustom Kulture and Into the Music.

The Dude abides: Lebowskipalooza

If you're a big fan of the Coen brothers' 1998 film The Big Lebowski, then listen up: Lebowskipalooza 2013, Canada's biggest Lebowski event, is happening at the Garrick Centre on Saturday. Dress up in your best Dude-inspired costume and brace yourself for a night of games, prizes and a screening of the movie. There will be a prize for the best costume, so put some effort into it! Doors open at 6 p.m. and tickets are only $10. For more info check out garrickcentre.com.

Martha, Martha, Martha

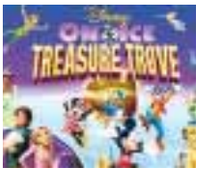
Martha Wainwright is back in the 'Peg, playing the West End Cultural Centre Saturday. Last time the folk/rock singer was here in 2010, she was headlining the TD International Jazz Festival. This time, Wainwright is here on her national tour with her latest album Come Home to Mama, inspired by a series of life-changing events in her life. Tickets are $25 in advance and $30 at the door, and the show starts at 8 p.m. For more information, check jazzwinnipeg.com.

Get psyched with the Pink Floyd Experience

The best medicine for a case of the Mondays is doing something awesome. This Monday, I recommend treating yourself to The Pink Floyd Experience show taking place at the MTS Centre. Take yourself to The Dark Side of the Moon with this tribute show that has received rave reviews from Pink Floyd fans all over the world. Tickets will run you $37.50 to $59.25 (plus taxes and agency fees) and are available at Ticketmaster. The fun begins at 7:30 p.m.

Experience a classic: Sleeping Beauty

The Royal Winnipeg Ballet's The Sleeping Beauty series starts at the Centennial Concert Hall on Wednesday at 7:30 p.m. Relive this childhood classic through grown-up eyes, or bring the kids to show them this elegant version of the fairy tale. The experience will captivate audiences of all ages. The series runs until Sunday. Tickets range from $29 to $105 for adults. Check rwb.org, or call 204-956-2792.



Kids will Treasure this Disney show

Disney on Ice skates through Winnipeg for three days starting Thursday, bringing its newest show Treasure Trove to the MTS Centre. The kids will be in awe of the star-studded lineup, including Mickey Mouse, the princesses, Peter Pan, Simba — the whole gang will be there and your kids are going to go bananas. This is like the Coachella for kids. It doesn't get much better than that. Tickets will run you $28.75 to $78.50 (plus fees.) Get them at Ticketmaster.

4 SPORTS

CFL

More praise for Argonauts' coach Milanovich

Scott Milanovich of the Grey Cup-champion Toronto Argonauts is the CFL's coach of the year.

Milanovich received the award at a luncheon in Regina Thursday.

John Hufnagel of the Calgary Stampeders and Mike Benevides of the B.C. Lions were the other finalists.

Voting was conducted by the Football Reporters of Canada.

Milanovich is the second Argo to capture the award in three years. Current GM Jim Barker claimed the 2010 honour.

Toronto finished second in the East Division with a 9-9 record under its rookie head coach. Following playoff wins over Edmonton and Montreal, the Argos capped their season by downing Calgary 35-22 in the 100th Grey Cup game at Rogers Centre.

THE CANADIAN PRESS

NHL

Kadri scores three as Leafs survive in OT on Long Island

Nazem Kadri notched his first career hat trick and Dion Phaneuf scored at 1:11 of overtime to give the Toronto Maple Leafs a 5-4 victory over the New York Islanders on Thursday night.

Phaneuf's fourth goal of the season lifted Toronto to its third straight win and fourth in five games at New York. The Maple Leafs have six wins in their last nine games against the Islanders. James van Riemsdyk also scored for the Maple Leafs, who improved to 9-4 on the road.

THE ASSOCIATED PRESS

Jets goaltender Ondrej Pavelec saves the shot from New Jersey's Bobby Butler on Thursday at MTS Centre. JOHN WOODS/THE CANADIAN PRESS

Jets carry success home to MTS Centre

NHL. Captain Ladd's hot play continues in leading Winnipeg to third straight victory

Andrew Ladd had two goals and an assist to lead the Winnipeg Jets in a 3-1 win over the New Jersey Devils on Thursday night.

Blake Wheeler added an empty-net goal for the Jets (10-9-1), who have won three straight and five of their last six games.

Andrei Loktionov had the lone goal for the slumping Devils (10-6-4), who only one win in their last six games after a fast start.

Ladd tied a franchise record for earliest goal when he went around the defence to pick up a bouncing puck and put a backhand past Devils goalie Johan Hedberg just eight seconds into the game.

The Jets' captain continued his red-hot start by notching his 12th goal of the season to break a 1-1 tie with only eight minutes remaining. Defenceman Dustin Byfuglien carried the puck end-to-end and attempted a wraparound before Ladd jammed the loose puck into the net.

Loktionov tied the game early in the second period for New Jersey when he streaked down the right wing and snapped a shot between Ondrej Pavelec's pads.

The Jets had three power plays in the middle frame, including 56 seconds with a two-man advantage, but couldn't find any offence. The team has just one power-play goal in its last 11 games.

New Jersey couldn't score on three power plays of its own.

Neither goaltender was busy, but Pavelec needed to make some difficult saves to keep the Jets in the game. He stopped 22 of the 23 shots he faced.

It took the Jets more than nine minutes to record their first shot of the third period. Hedberg finished with 18 saves.

The Jets wrap up their two-game home stand on Saturday afternoon against the Capitals. The Devils are in Buffalo to face the Sabres on Saturday.

THE CANADIAN PRESS

On Thursday

Jets	Devils
3	1

Trainers get some love

Jets trainer Rob Milette and assistant equipment manager Mark Grehan received a standing ovation in recognition of their role aiding defenceman Zach Redmond last week when he was seriously cut by a skate blade.

NBA. Paul leads the way as Clippers punish Pacers

Chris Paul scored 29 points, and Blake Griffin finished with 18 points and 14 rebounds to help the Los Angeles Clippers hold off Indiana's late charge for a 99-91 victory Thursday.

The Clippers (42-18) have won three straight and seven of their past eight.

David West led the Pacers (36-22) with 22 points, while all-star Paul George had 20 points and five assists. Danny Granger finished with a season-high 12 points.

THE ASSOCIATED PRESS

Clippers guard Chris Paul, right, shoots in front of the Pacers' Paul George on Thursday in Indianapolis. THE ASSOCIATED PRESS

NHL

McGrattan traded to Flames

The Nashville Predators have traded forward Brian McGrattan to the Calgary Flames for defenceman Joe Piskula.

The Predators announced the trade Thursday after putting McGrattan on waivers Tuesday.

McGrattan, who agreed to a one-year deal with the Predators last July, had not appeared in a game this season and recently finished a two-week conditioning assignment in the AHL.

THE ASSOCIATED PRESS

NHL. Former stars wish Howe happy 85th birthday

Gordie Howe wasn't around, but he still brought out the kid again in Bobby Hull.

The Golden Jet was among former NHL stars who came out to fete Howe at a Thursday news conference in advance of his 85th birthday celebration at Friday night's WHL game between the Vancouver Giants and the Lethbridge Hurricanes.

Howe missed the session because his flight was delayed, but his absence did not stop Hull, his brother Dennis, Marcel Dionne and Pat Quinn from reminiscing about the hockey great.

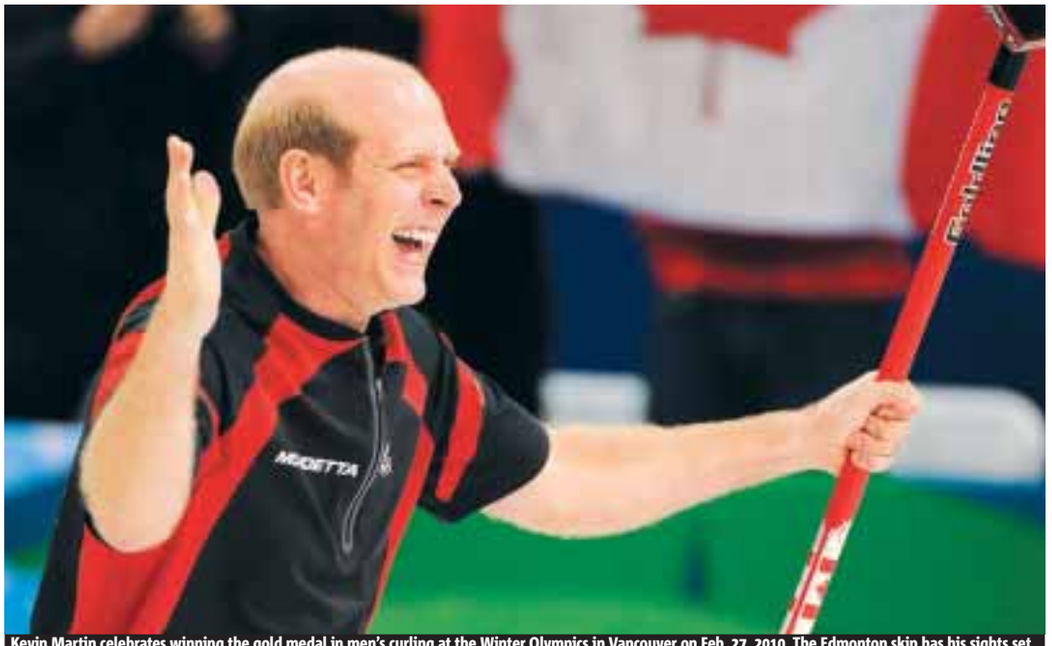
Quoted

"Why would anyone that's a hockey player not want to come to Gordie Howe's 85th birthday? ... I'm honoured to be here."

Dennis Hull

The Hulls, Dionne, Quinn and former Toronto Maple Leafs goalie Johnny Bower will be on hand for the birthday bash at the Pacific Coliseum.

THE CANADIAN PRESS



Kevin Martin celebrates winning the gold medal in men's curling at the Winter Olympics in Vancouver on Feb. 27, 2010. The Edmonton skip has his sights set on winning the Brier in his hometown. TORSTAR NEWS SERVICE FILE

Passion still burns in seasoned skip

Curling. Four-time Brier champ Martin looks to win Canadian title in his hometown

Kevin Martin has won everything there is to win in curling, several times over in some cases.

The 46-year-old skip from Edmonton has Olympic gold and silver medals, four Canadian championships and a world championship on his resumé, plus 17 Grand Slam victories on the World Curling Tour.

So what drives him in the sport now?

"I still really enjoy a good tough game, win or lose," Martin said. "It's tough in games that don't mean a lot, but the big ones ... those are the games that are fun for me still.

"As long as I really enjoy it, deep down really can't wait to play, I'll play. Once you don't feel like that, your days are done. I haven't got that yet."

The 2013 Tim Hortons Brier opens Saturday at Rexall Place. Martin's team out of Edmonton's Saville Centre represents the host province.

What's new for Martin is the opportunity to win a Canadian title in his hometown, having never played before at a Brier in Edmonton.

He did win the Olympic trials at Rexall Place in 2009 for the right to represent Canada at the 2010 Olympic Winter Games in Vancouver and Whistler.

Martin, third John Morris, second Marc Kennedy and lead Ben Hebert won gold in Vancouver. They'll be the darlings of this Brier as both the host team and the reigning Olympic champions.

Martin can also become the first skip to win five Canadian titles, surpassing Saskatchewan's Ernie Richardson and fellow Albertan Randy Ferbey at four.

Two of Martin's four previous Brier titles were won in Alberta, but both in Calgary.

"I think the Brier is going to be loud, a lot of fun and I think the crowd is going to be really into it," Martin said.

"It's Canada's biggest party if the Grey Cup's not. The two biggest parties in Canada are the Grey Cup and the Brier."

Alberta's Martin, defending champion Glenn Howard of Ontario and three-time winner Jeff Stoughton of Manitoba are the headliners of the 12-team field.

THE CANADIAN PRESS

What's at stake?

The winner of the Brier final on March 10 represents Canada at the Ford Men's World Championship in Victoria from March 30 to April 7.

Cycling. Will Livestrong survive post Armstrong? 'Hell, yes,' says charity prez

Lance Armstrong at a Livestrong even last October. GETTY IMAGES FILE

Leaders of the cancer charity founded by Lance Armstrong said Thursday that the organization will persevere in the wake of the cyclist's admission that he used performance-enhancing drugs.

"I am on safe ground to say that the past year did not go as planned," Livestrong's executive vice-president Andy Miller said at The Livestrong Foundation's annual meeting in Chicago — its first such gathering since Armstrong's troubled departure. "Things happen that we cannot control — cancer has taught us that. What do we do? We adapt."

He added later, "The Livestrong Foundation is not going anywhere."

Livestrong's president, Doug Ulman, echoed that sentiment in prepared remarks for the more than 500 participants.

"Our success has never been based on one person," said Ulman, who was unable to deliver the speech in person because of travel delays. "Will the Livestrong Foundation survive? Yes. Absolutely, yes. Hell, yes."

Armstrong stepped down as chairman of the charity in October, saying he didn't want his association to damage the foundation's ability to raise money and continue its advocacy programs on behalf of people with cancer.

Among the steps the organization is taking to establish a new identity is to change its day of action each year from Oct. 2 — the date in 1996 that Armstrong was diagnosed with cancer — to May 17, the group announced Thursday.

On that day in 2004, the charity launched their trademark yellow Livestrong bands. Since then, 87 million have been sold, Katherine McLane, the group's executive vice-president for communications, said. THE ASSOCIATED PRESS

NHL

DiPietro says suicide comments weren't literal

New York Islanders goaltender Rick DiPietro says comments he made about considering suicide in a recent interview were used for effect and were not meant to be taken literally.

The comments came to light Thursday when New York-based sports anchor Kevin Maher tweeted excerpts from an interview with DiPietro about being waived by the Islanders.

According to Maher's Twitter feed, DiPietro said being waived felt like "they ripped my heart out, stabbed it, set it on fire and flushed it down the toilet." Maher followed with a tweet saying DiPietro considered suicide as injuries, ineffective play and fan animosity took its toll.

DiPietro later clarified to ESPN and the New York Post that he wasn't serious about the suicide comment and was attempting to show how his wife has helped him through "a trying last couple of years."

THE CANADIAN PRESS

Red Sox prospect embraces knuckler after Dickey's success

MLB. Elusive pitch gaining popularity again after Blue Jay ace's Cy Young season

Boston Red Sox starting pitcher Steven Wright throws a pitch against the Toronto Blue Jays during Grapefruit League action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Boston Red Sox prospect Steven Wright knew he was taking a risk when he converted to a knuckleball pitcher a year and a half ago.

In a league filled with hard-throwing hurlers, mastering a slower, more unpredictable pitch seemed difficult to justify.

But R.A. Dickey's Cy Young-winning season with the 2012 New York Mets has boosted Wright's confidence.

"There was so much uncertainty to it before, but with R.A. doing what he did last year, he solidified the fact that you can be very effective at it, and very consistent with it," Wright said.

The 38-year-old Dickey was 20-6 with New York last year before he was traded in the off-season to the Toronto Blue Jays.

"With the knuckleball you just don't know," Wright said. "It could be great, it could be not great. But last year, R.A. proved that with the knuckleball, he can be just as effective as (Justin) Verlander, (Stephen) Strasburg, and the velocity that comes with those guys."

Tim Wakefield, who spent 17 seasons as a knuckleballer for the Red Sox, agrees that Dickey has been invaluable to the cause.

In Fort Myers, Fla., for three days helping Wright make "minor adjustments", Wakefield stood on the mound with the 28-year-old during Wednesday's bullpen session, monitoring his delivery.

As someone who knows first hand the complexities of the knuckleball, Wakefield is delighted by Dickey's success.

"He validated the knuckleball and made it popular," the retired right-hander said. "There were so few of us that actually threw the pitch for a living — guys like Wilbur Wood, Phil Niekro, Charlie Hough, Tom Candiotti, myself and now R.A. — it's a close-knit fraternity, so I was very proud."

Though the knuckleball brotherhood may be small, Wakefield believes its members have a responsibility to ensure their breed doesn't die out.

By helping Wright this week, Wakefield is doing his part, just as he did for Dickey in 2008 when the then-struggling Seattle Mariner approached him for advice.

"I'm very open when it comes to helping other knuckleballers," Wakefield said. "It's always nice to be able to bounce ideas off somebody that is walking in the shoes that you walked in for so long."

THE CANADIAN PRESS

Quoted

"For a knuckleballer, it was like Christmas. It was exciting for me."

Steven Wright on pitching against R.A. Dickey in spring training on Monday.

Spring training

Jays dump Yankees in Tampa

David Phelps allowed two hits over three scoreless innings Thursday as a New York Yankees' split squad lost 1-0 to the Toronto Blue Jays.

Phelps struck out one and walked one, and has not given up a run in five innings over two starts. He could earn a spot in the rotation to start the season if Phil Hughes remains sidelined by a bulging disk. Hughes is working out in a pool and might resume throwing in a few days.

Brandon Morrow gave up two hits in two shutout innings for Toronto and Andy LaRoche hit a seventh-inning homer off Chase Whitley. THE ASSOCIATED PRESS

Toronto's Jose Bautista watches a pop up on Thursday in Tampa, Fla. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	41	14	.745	—
New York	34	20	.630	61/2
Indiana	36	22	.621	61/2
Atlanta	33	23	.589	81/2
Brooklyn	34	24	.586	81/2
Chicago	32	25	.561	10
Boston	30	27	.526	12
Milwaukee	28	28	.500	131/2
Philadelphia	22	33	.400	19
Toronto	23	35	.397	191/2
Detroit	23	37	.383	201/2
Cleveland	20	38	.345	221/2
Washington	18	38	.321	231/2
Orlando	16	42	.276	261/2
Charlotte	13	44	.228	29

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	14	.763	—
Oklahoma City	42	15	.737	2
L.A. Clippers	42	18	.700	31/2
Memphis	38	18	.679	51/2
Denver	37	22	.627	8
Golden State	33	25	.569	111/2
Utah	31	27	.534	131/2
Houston	31	28	.525	14
L.A. Lakers	28	30	.483	161/2
Portland	26	31	.456	18
Dallas	25	32	.439	19
Minnesota	20	34	.370	221/2
Phoenix	20	39	.339	25
New Orleans	20	39	.339	25
Sacramento	20	39	.339	25

Note: division leaders ranked in top three positions regardless of winning percentage.

Thursday's results
L.A. Clippers 99 Indiana 91
Philadelphia at Chicago
Minnesota at L.A. Lakers

Wednesday's results
Sacramento 125 Orlando 101
Cleveland 103 Toronto 92
Detroit 96 Washington 95
New York 109 Golden State 105
Milwaukee 110 Houston 107
Oklahoma City 119 New Orleans 74
Memphis 90 Dallas 84
Phoenix 105 San Antonio 101 OT
Atlanta 102 Utah 91
Denver 111 Portland 109

Friday, March 1
Houston at Orlando, 7 p.m.
Indiana at Toronto, 7 p.m.
New York at Washington, 7 p.m.
Golden State at Boston, 7:30 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Dallas at Brooklyn, 8 p.m.
Memphis at Miami, 8 p.m.
Detroit at New Orleans, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Charlotte at Utah, 9 p.m.
Atlanta at Phoenix, 9 p.m.
Oklahoma City at Denver, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	70	58	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	22	10	11	1	64	67	21
NY Rangers	19	9	8	2	48	49	20
NY Islanders	21	8	11	2	61	73	18

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	20	13	4	3	58	43	29
Boston	17	13	2	2	51	36	28
Ottawa	21	12	6	3	49	39	27
Toronto	22	13	9	0	64	55	26
Buffalo	20	7	12	1	50	64	15

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	19	10	8	1	54	55	21
Winnipeg	19	9	9	1	52	60	19
Tampa Bay	20	9	10	1	71	64	19
Florida	19	6	9	4	48	69	16
Washington	19	7	11	1	52	59	15

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	19	16	0	3	61	37	35
Nashville	21	9	7	5	45	52	23
St. Louis	18	10	6	2	55	52	22
Detroit	20	9	8	3	58	56	21
Columbus	20	5	12	3	44	61	13

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	19	10	5	4	54	52	24
Minnesota	18	9	7	2	39	43	20
Calgary	18	7	7	4	49	61	18
Edmonton	18	7	7	4	42	49	18
Colorado	18	7	8	3	44	54	17

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	18	14	3	1	64	48	29
Los Angeles	18	10	6	2	47	42	22
Dallas	20	10	8	2	56	57	22
San Jose	18	9	6	3	44	41	21
Phoenix	19	9	7	3	54	51	21

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Thursday's results
NY Rangers 4 Tampa Bay 1
Toronto 5 NY Islanders 4 (OT)
Carolina 4 Pittsburgh 1
Boston 2 Ottawa 1 (OT)
Buffalo at Florida
New Jersey at Winnipeg
Chicago at St. Louis
Edmonton at Dallas
Minnesota at Phoenix
Calgary at Colorado
Detroit at San Jose

Wednesday's results
Philadelphia 4 Washington 1
Montreal 5 Toronto 2
Los Angeles 2 Detroit 1
Anaheim 5 Nashville 1

Friday's games
All Times Eastern
Edmonton at St. Louis, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Minnesota at Anaheim, 10 p.m.

Saturday's games
Ottawa at Philadelphia, 12 p.m.
Tampa Bay at Boston, 1 p.m.
New Jersey at Buffalo, 3 p.m.
Washington at Winnipeg, 3 p.m.
Pittsburgh at Montreal, 7 p.m.
Florida at Carolina, 7 p.m.
Anaheim at Phoenix, 8 p.m.
Los Angeles at Vancouver, 10 p.m.
Nashville at San Jose, 10:30 p.m.

LEAFS 5, ISLANDERS 4 (OT)

First Period
1. NY Islanders, Bailey 1 (Okposo, Macdonald) 3:34
2. Toronto, Kadri 6 (Fraser) 8:31
Penalties — None.
Second Period
3. NY Islanders, Visnovsky 1 (Cizikas, McDonald) 6:22
4. Toronto, Kadri 7 (Fraser, Franson) 8:55
5. Toronto, van Riemsdyk 12 (Steckel, Orr) 10:25
6. Toronto, Kadri 8 (Kostka, Gunnarsson) 14:12
Penalties — None.
Third Period
7. NY Islanders, Macdonald 1 (Okposo, Streit) 5:31
8. NY Islanders, Okposo 2 (Unassisted) 10:08
Penalties — None.
Overtime
9. Toronto, Phaneuf 4 (Grabovski, Macarthur) 1:11
Penalties — None.
Shots

Toronto	9	10	8	1—28
NY Islanders	6	11	9	1—27

Goal — Toronto: Reimer (W, 7-3-0). NY Islanders: Nabokov (LO, 8-7-2).
Power plays (goal-chances) — Toronto: 0-0. NY Islanders: 0-0.
Referees — Marc Joannette, Ian Walsh.
Linesmen — Mike Cvik, Derek Amell.
Att. — 9,222 (Nassau Veterans Memorial Coliseum).

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See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
You are going through rather an intense phase at the moment and it's putting a strain on your body, mind and emotions. Take a break. What you are searching for will be found the moment you stop looking for it.

Taurus
April 21 - May 21
Don't hesitate today or you may lose momentum and give your rivals a chance to catch up. All's fair in love, war and business and if you make sure you are first, the rewards are sure to follow.

Gemini
May 22 - June 21
Listen to your instincts and act on what they tell you. If you have one brilliant idea today you will probably have a dozen or more, so you need to be selective. What is the most realistic option? Go for it.

Cancer
June 22 - July 23
Cut through all the confusion and get to the root of a problem that has been causing you a lot of sleepless nights. All you have to do is stick to the facts and avoid making value judgments. Sounds easy, doesn't it?

Leo
July 24 - Aug. 23
How often have you been told not to act in haste? Too many, no doubt, but today you are invited to act as quickly as you like. In fact, the quicker the better. You simply can't put a foot wrong now.

Virgo
Aug. 24 - Sept. 23
You may be practical by nature but you have flashes of inspiration like everyone else and you should listen to what your inner voice tells you today. One good idea, in particular, could be a money spinner.

Libra
Sept. 24 - Oct. 23
Important things will only get done today if you step up to the plate and take charge. Inevitably, some people will complain but you don't have time to argue: they either do as they are told or get left behind.

Scorpio
Oct. 24 - Nov. 22
Do you get the feeling that someone is trying to annoy you for the fun of it? Whether or not it is true, you are advised not to lose your temper with them. Really, it's just not worth the hassle.

Sagittarius
Nov. 23 - Dec. 21
Try to arrange things so that you don't do any real work at all. Put yourself forward as team leader. Take a supervising role. While others are working their fingers to the bone, you'll be getting the praise!

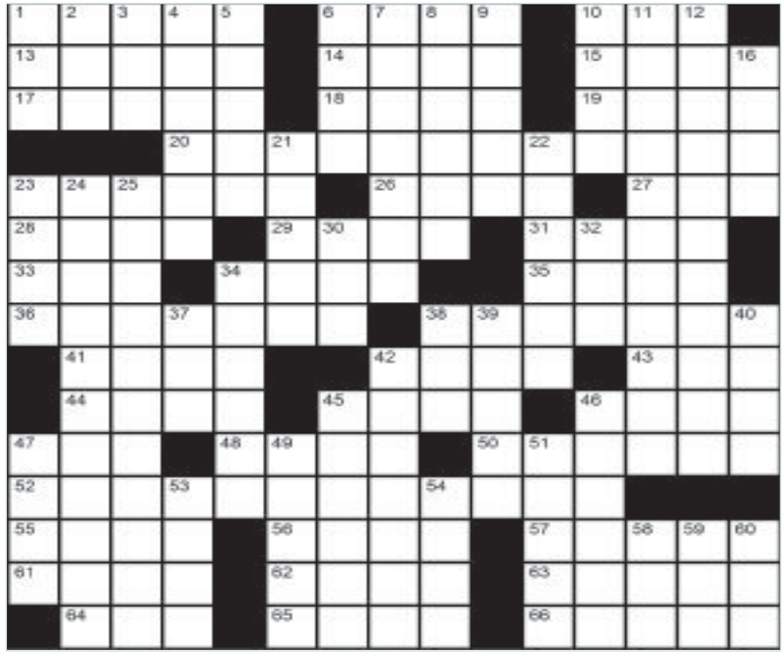
Capricorn
Dec. 22 - Jan. 20
If someone offers you an apology today, you must accept it. No matter what it is that caused your falling out, it's obvious that they don't hold a grudge. So, there is no reason why you should either.

Aquarius
Jan. 21 - Feb. 19
You will be in inspired form today. You will come up with ideas that others simply don't have the insight or intelligence to think of. But remember that good ideas are like manure — they work best when spread around.

Pisces
Feb. 20 - March 20
It may seem as if someone has let you down or, worse, betrayed a secret about you, but don't get on your high horse just yet. It could be there's another side to this story. Stay calm and find out what it is. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. Zeppelin's "Whole __ Love"
6. Speed of sound, __ 1
10. "Eeew."
13. Christina Aguilera's "_ __ to You"
14. Tooth complaint
15. Mr. LaBeouf
17. Commenced
18. Helen of __
19. Criminal escapes
20. Bit of Leonard Cohen's "Hallelujah": "Love is not a __ __ / It's a cold and it's a broken..."
23. Legendary lady of Coventry
26. Mr. Bridges, Jeff's actor brother
27. Assemble the bricks
28. Car rental company
29. Mardi __
31. Come across as
33. Guitar master Mr. Paul
34. Plane reservation
35. Short-term worker, shortly
36. "Happy Days" diner
38. Spice Girls smash
41. Cowardly Lion's alter ego in Kansas
42. Extinct bird
43. Not specialized [abbr.]
44. Looked
45. __ fide
46. Exclusively
47. __ the Record Man
48. Compass/ruler set, for short
50. Ms. Anderson
52. Shakespeare's place-for-plays: 2 wds.
55. 'Slithy' Lewis Carroll creature
56. Prefix with 'are' (Land measure)
57. Shrek, and others
61. Je __, Tu es, Il est...
62. "___ my wit's end!"
63. Molten rock
64. __ builder (Stage gig)
65. Particle physics lab near Geneva
66. Actor, Sean __

Down
1. Ad-__ (Off-the-cuff)
2. 'Rem' ender (TV clicker)
3. __-of-war
4. Country singer Randy
5. Couple's yrly. celebration
6. Toronto jazz singer Mr. Dusk
7. Circus performer
8. Tasks
9. OutKast hit!: 2 wds.
10. Filmdom's Ms. Fisher
11. Celine Dion's birthplace in Quebec
12. 19th Prime Minister, in 1993: 2 wds.
16. Like fireplace residue
21. Like pet store birds
22. "I __ __ longer..." (Habit-quitter's pledge)
23. Grand event
24. Fanatical
25. 1955's "Lady and the Tramp", for one: 2 wds.
30. Univ. dorm supervisors
32. 'Eight' ender
34. "We Are Family" by Sister __
37. 'Rev' add-on (Take back)
38. Came through
39. Conform
40. "Orinoco Flow (Sail Away)" singer
42. Glassed-enclosed VIA Rail spot: 2 wds.
45. Puccini opera, La __
46. Beginnings, Alphas ...Conclusions, __
47. Li'l drill instructors
49. Moral principle
51. Fragrance
53. Most proficient
54. Office memo abbr.
58. Mil. unit
59. Poet Ms. Dickinson, to pals
60. __ Francisco

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

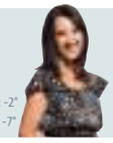
9				7		3	6	8
					6			7
		2		1	8	5		
8				5	1	4		
		7	4	2				3
		5	1	9		6		
4			2					
3	7	1		8				5

Yesterday's Sudoku

1	4	7	3	9	6	5	8	2
8	9	5	1	2	7	3	6	4
2	3	6	8	5	4	1	7	9
5	6	3	4	8	2	7	9	1
4	2	9	5	7	1	6	3	8
7	8	1	6	3	9	4	2	5
3	1	4	2	6	8	9	5	7
6	7	2	9	4	5	8	1	3
9	5	8	7	1	3	2	4	6

Weather

TODAY	SATURDAY	SUNDAY
MAX: -8° MIN: -14°	MAX: -4° MIN: -15°	MAX: -2° MIN: -7°



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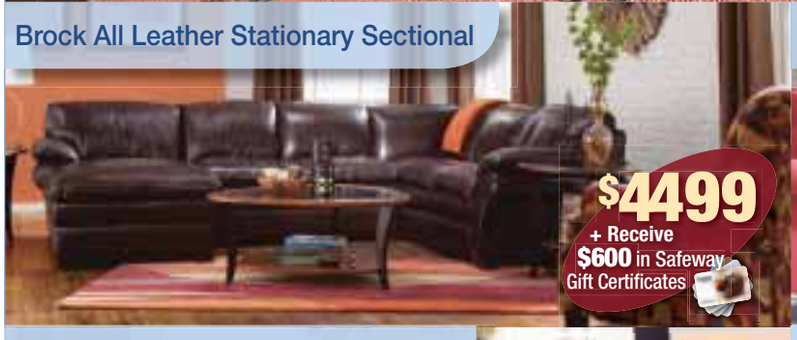

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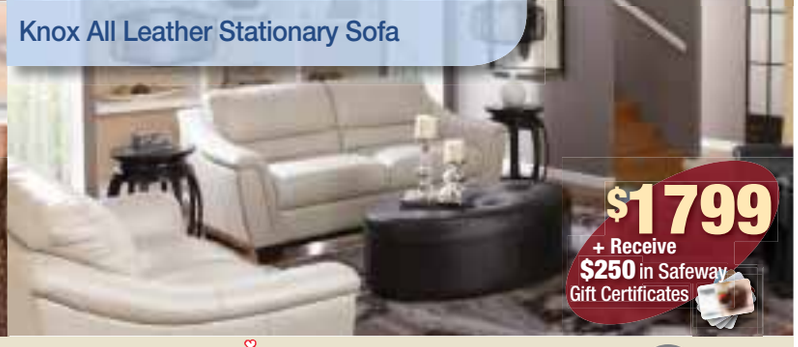

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